



A match can illuminate a dark place and start a fire in the cold. An enthusiastic person casts a vision for others and helps sustain the energy to overcome challenges. They are energy givers rather than energy drainers.



## What is Enthusiasm?

*Expressing interest and excitement in what I do*

CHARACTER  
**CORE**  
BY STRATA LEADERSHIP

Enthusiasm is contagious. I would much rather work with a positive and productive person than with a negative or apathetic individual. Many associate enthusiasm with high-energy personalities, excitement, and optimism. While these are components of enthusiasm, it runs much deeper. The initial excitement of a new project fades, and challenges arise – an enthusiastic person maintains a positive attitude and strong work ethic to make it past that initial let-down and conquer unexpected challenges. The enthusiastic person’s passion arises from their ideals rather than their circumstances.

**Opposite:** apathy, negative, lethargy, disinterest, unhappiness, laziness, indifference

**Related Concepts:** passion, eagerness, spirit, warmth, zeal, joy, intensity, interest, energy, emotion

**Summary:** Giving energy to what you do.



*“Enthusiasm moves the world.”*

– Arthur Balfour

CHARACTER  
**CORE**  
BY STRATA LEADERSHIP

**Arthur James Balfour** (July 25, 1848 – March 19, 1930), 1st Earl of Balfour, KG, OM, PC, DL was a British Conservative politician who was the Prime Minister of the United Kingdom from July 1902 to December 1905 (Wikipedia).

**Other Enthusiasm Quotes:**

“Success consists of going from failure to failure without loss of enthusiasm.” – Winston Churchill

“How do you go from where you are to where you wanna be? And I think you have to have an enthusiasm for life. You have to have a dream, a goal. And you have to be willing to work for it.” – Jim Valvano

“Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.” – Samuel Ullman

“I play to win, whether during practice or a real game. And I will not let anything get in the way of me and my competitive enthusiasm to win.” – Michael Jordan

“I know of no single formula for success. But over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together.” – Queen Elizabeth II

“Enthusiasm is excitement with inspiration, motivation, and a pinch of creativity.” – Bo Bennett

“Enthusiasm is the yeast that makes your hopes shine to the stars. Enthusiasm is the sparkle in your eyes, the swing in your gait. The grip of your hand, the irresistible surge of will and energy to execute your ideas.” – Henry Ford

“The secret of genius is to carry the spirit of the child into old age, which means never losing your enthusiasm.” – Aldous Huxley

“There is a real magic in enthusiasm. It spells the difference between mediocrity and accomplishment.” – Norman Vincent Peale

“The real secret of success is enthusiasm.” – Walter Chrysler

“Enthusiasm is the mother of effort, and without it nothing great was ever achieved.” – Ralph Waldo Emerson

“In the realm of ideas everything depends on enthusiasm... in the real world all rests on perseverance.” – Johann Wolfgang von Goethe

“Flaming enthusiasm, backed up by horse sense and persistence, is the quality that most frequently makes for success.” – Dale Carnegie

“A mediocre idea that generates enthusiasm will go further than a great idea that inspires no one.” – Mary Kay Ash

“I believe that education is all about being excited about something. Seeing passion and enthusiasm helps push an educational message.” – Steve Irwin



# 1. Find Your Purpose

Knowing your purpose gives you energy to deal with challenges.

CHARACTER  
**CORE**  
BY STRATA LEADERSHIP

It's hard to be enthusiastic without knowing your purpose. Once you understand your contribution to the overall goal, you will gain a much bigger perspective on your work. Knowing your purpose gives you emotional energy to deal with challenges, obstacles, or workload.



## 2. Do Your Best

Focus your energy on each project,  
paying attention to details.

CHARACTER  
**CORE**  
BY STRATA LEADERSHIP

Whatever you do today you will have to look back on tomorrow. Focus your energy on each project, paying attention to each detail so that you can look back with satisfaction when you finish. Do your best with what you have and maintain a good attitude; and your work becomes much easier mentally, and you will feel energized rather than drained.



### 3. Energize Others

Be an energy-giver rather than an energy-drainer.

CHARACTER  
**CORE**  
BY STRATA LEADERSHIP

There are some who brighten up a room when they enter, and others who brighten a room when they leave. Make sure your words and example inspire others instead of drain them. Clear goals and clear understanding of those goals are energizing. Praise others' contributions, and look for progress, even in small areas. Be an energy-giver rather than an energy-drainer. Not only will you help encourage others, but the workplace will become a more pleasant place to be.

# Discussion Starters

1. What can you do to demonstrate enthusiasm on your job?
2. Why is it important to always do your best?
3. Why is it important to energize others? How does this make your job easier?

## **Additional Enthusiasm Discussion Starters:**

What is your purpose at your job? What do you contribute to the overall goal at work?

What is your purpose in life? What are you trying to accomplish?

Who do you know who is enthusiastic? How do you feel when you are around them?

What are some ways you can do your best on your job?

Who is someone you know who always does their best. How does that make you feel that you can depend on them?

When you haven't done your best – you have rushed a project or not done your best work – how did you feel about it later?

What are some ways you can make your workplace better?

What does it mean to be an energy-giver? An energy-drainer?

Who is someone you know who is an energy-giver? What do they do? How do they make you feel?

CHARACTER<sup>1</sup>  
**CORE**  
BY STRATA LEADERSHIP

© 2017 Strata Leadership  
[www.strataleadership.com](http://www.strataleadership.com) | 877.357.0001

Thank you for making your workplace and community a great place to be!