

Enthusiasm!

How To Draw It
To Yourself & Keep It

by Antoinette S. Webster, *M.Ed.*, MBA

Enthusiasm! How To Draw It To Yourself & Keep It

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Introduction

Serendipitous opportunities present themselves when least expected. The key is being able to see and act when they arise. And that is exactly what brought about my programs, research and now this book on *Enthusiasm!* How To Draw It To Yourself & Keep It.

My journey with enthusiasm began in May 1990 during a *How Do You Spell Success?*SM seminar I was facilitating, where my spelling of success was:

Self-honesty
Understanding
Confidence
Communication
Enthusiasm
Serenity
Sincerity

At the end of the seminar each participant had an index card to write questions or comments. One card read, “*This was a good class but how do you draw enthusiasm and keep it?*” Well this question struck something deep within my heart and soul. I had never really thought much about enthusiasm; it was something I took for granted—until that seminar.

Around that point in time I had been thinking about publishing a newsletter. “How do you draw enthusiasm and keep it?” resonated in the forefront of my mind, so I decided the answer would make a great newsletter topic. However, the newsletter wasn’t enough of an answer to the question. From there the thought came to me, something like: “*chances are if one person had this question, then there are probably many other people thinking the same thing. The newsletter was nice. And I bet this would make a great program topic.*”

One thing I have learned for sure is to listen to that voice inside. So as a result of my internal conversation, I developed a program titled *Enthusiasm!* How To Draw It To Yourself & Keep It. Initially, research on the topic of enthusiasm was difficult. Very little information was available.

Now that’s not to say that enthusiasm isn’t important. On the contrary, you’ll find enthusiasm mentioned as an important attribute in most books, tapes/CDs, etc. dealing with success, winning, sales, personal

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and professional development, and spiritual growth. Quite often three key elements are mentioned:

1. Enthusiasm is important.
2. To be enthusiastic, act enthusiastic.
3. Surround yourself with enthusiastic people.

Every once and a while an author might say to smile, think positive, have a goal, give compliments or use affirmations. These are good tips. However, there is so much more to it than that. And quite often, these things in and of themselves are not enough.

There is more to enthusiasm than what most people think. This *more* involves the physical, mental, emotional, and spiritual aspects of us. Also there are specific and distinct “causes” of enthusiasm for each of us. Every program I facilitate and person I meet brings about new discoveries on enthusiasm, as well as, confirmation of previous ones.

People attend a program on enthusiasm for a variety of reasons, such as:

- ☆ Self-development and/or life-enhancement
- ☆ They have lost their zip and are looking to find it again.
- ☆ They wonder what anyone could possibly have to say on the topic for more than 15 minutes.
- ☆ General curiosity.
- ☆ They were told to attend because their boss or significant other thought they needed the class.
- ☆ Professional development and/or sales training.
- ☆ It sounded interesting.
- ☆ They already know the benefits of enthusiasm and are looking for new ideas on how to harness this dynamic power.

Everyone who attends a program is asked to complete a brief survey. This survey helps to focus their thoughts on the topic of enthusiasm. It has also proven to provide rich information, which has been incorporated in this book. A copy of the survey has been included for you to complete and return to me. My intention is to continue ongoing research along with sharing new insights, awarenesses and periodic updates.

My best to you as you continue exploring *Enthusiasm!* How To Draw It To Yourself & Keep It.

Antoinette

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Survey Questionnaire

Enthusiasm! is something we all have experienced. It is also a state many of us would like to be in as often as possible. But, what is it really and where does it come from? Below are questions, which help to identify various aspects of *Enthusiasm!*

What is the first thing that comes to mind when you think of enthusiasm?

What generally causes you to be enthusiastic?

Where does enthusiasm come from? (Please explain)

What are three things you do to create and maintain enthusiasm?

Besides yourself, who is the most enthusiastic person you know? Why?

Thank you for your participation and for your contribution to this ongoing work.

Enthusiastically!
Antoinette

Name _____

Optional

e-mail/phone: _____

Optional

Note: e-mail your responses to: Antoinette@ASystemthatWorks.com

The above comments may be used in future programs, articles and publications.

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A Few *Enthusiasm!* Myths

Throughout the years there have been perceptions and myths about enthusiasm that have confused some and caused concern for others. Confusion and concern generally crop up when our experiences do not match with more common perceptions. Some of them are mentioned here; others are discussed throughout the book where appropriate.

Myth #1: Enthusiasm means the person always has to be jumping up and down, gregarious, loud, perky, a cheerleader, etc.

Some enthusiastic people are this way but not all. Some enthusiastic people are this way some of the time but not all of the time. There are quiet enthusiasts, as well as gentle, peaceful and reserved enthusiasts. You will discover there are many ways enthusiasm is expressed inwardly and outwardly.

Myth #2: Enthusiastic people don't have problems or have to deal with the stuff of life.

I am not sure how this one began. People are people. Life is life. Enthusiastic people experience the same types of life events, celebrations and challenges as everyone else. One key difference that sets them apart is how they choose to be with and handle the experiences.

Myth #3: You should always be enthusiastic.

This sounds nice, though I don't think it is a realistic expectation. Of course a lot depends on how enthusiasm is defined, what causes a person to be enthusiastic, how enthusiasm is expressed and how he or she chooses to deal with the ebb and flow of life.

Myth #4: Enthusiasm is something other people have.

There are so many factors that could lead to someone making this type of statement. This may be the perception that many people hold because of how they interpret their experiences and interactions with others. My response to this is throughout the book. As I think about it, this may be one of the reasons the programs and this book came to be.

As you turn the pages, you will discover additional reasons why the above myths are not true. May you also discover tips and insights you can use in all areas of your life with this exploration of *Enthusiasm!* How To Draw It To Yourself & Keep It.

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About the Author



Antoinette S. Webster is a Master Enthusiast! who has been facilitating programs, researching and writing about enthusiasm since 1990.

She is the President of *A System that Works*, a speaking, training, creativity, and coaching company focusing on professional, entrepreneurial, and personal growth and development. *A System that Works* offers quality, practical programs, products and services that meet the needs of people and businesses, not just for today but for tomorrow as well.

Antoinette is a renaissance soul that has the gift of blending her work and life experiences to connect with a wide variety of people and organizations in powerful ways. As a dynamic, practical Professional Speaker, Facilitator, Life/Balance/Spirit Coach⁺ and Author, Antoinette works with individuals and groups in moving through the barriers to achieving desired results. This leads to harnessing the power of enthusiasm *and* co-creating a system that works for you.

She lives in Ohio with Keith, her husband and Sky, their horse.

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Additional Books, Resource Guides, Tools, etc.

Forthcoming Books and Related on Enthusiasm!

*Enthusiasm @ Work*SM

*Enthusiasm: A Key Ingredient to Sales Success*SM

*The Dynamics of Enthusiasm*SM

*Keeping Your Enthusiasm Especially With The Tough Stuff of Life*SM

*Enthusiasm Sizzle Kit*SM

Professional Development Resource Guides

Effective Meeting Facilitation: How to make the Most of Meetings You Lead and Attend

Targeting Business Success, a targeted guide to the business planning process

Performance Coaching: The Key to Motivating Employees and Improving Performance

Inscape Publishing Profiles and Self-Assessments

DiSC[®] *Classic 2.0* for understanding the different behavioral styles

Team Dimensions Profile for learning about creative styles and team effectiveness

Work Expectations Profile

Time Mastery Profile[®]

Personal Listening Profile[®]

Dimensions of Leadership Profile[®]

Coping & Stress Profile[®]

Personal Learning Insights Profile[®]

Other Books

Diving Deep: My Fourth Step Story by Antoinette Webster (e-book only)

Services

Antoinette Webster is available for speaking engagements, keynotes and spouse programs along with training programs, retreats and workshops. She also works with a limited number of individuals and groups for ongoing coaching. Contact her at Antoinette@ASystemthatWorks.com or 513.887.0600 to book a program for your organization or schedule an appointment for a private session.

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Enthusiasm is to a person what gasoline is to the engine of an automobile; the vital moving force.

– W. Clement Stone

There is more to enthusiasm than what most people think. This more involves the physical, mental, emotional and spiritual aspects of us. Enthusiasm also touches every aspect of our lives, at home and work. And it is something everyone possesses.

With this book you have the opportunity to:

- Explore various aspects of enthusiasm.
- Discover where it comes from and what causes it.
- Uncover ways to bring it into your everyday life.
- Learn What to do when your get up and go got up and wentSM.
- Identify ways to harness the power of enthusiasm.

Here's what people are saying about

Enthusiasm! How To Draw It To Yourself & Keep It SM.

"The content draws the reader into exploring ourselves, pulling out, discovering where our enthusiasm dwells. It also opens the reader up to increasing enthusiasm."

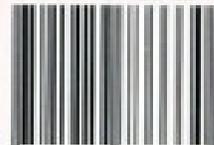
"Very uplifting...opens the reader up to cultivate more enthusiasm... Reinforced for me on many levels that it is important for me to do what I love as my life's work..."

"It seems many people think enthusiasm is something that either you have or you don't. This...proves that with good intention you can create it for yourself."

\$19.95 U.S.

"WOW! What a book...I love the way the book makes enthusiasm tangible—there are specific actions one can take to increase their motivation, excitement, passion—and you clearly list them. Great job!"

ISBN 1-929733-33-X



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