



*Igniting the Spark of*  
**Enthusiasm!**

Discovering  
What to do when  
you get up and go  
got up and went.

by Antoinette S. Webster, M.E.I., MBA

## Table of Contents

Introduction	5
What to do when your get up and go got up and went <sup>SM</sup>	7
Enthusiasm! Zappers <sup>SM</sup>	8
Stress	15
Stress related to: Balancing Work <i>and</i> Home	17
Change	21
Communication Challenges	27
Environmental Factors	31
Fear	37
Focus of Attention	43
Others	47
Self-talk	57
Setting Boundaries	63
Time and Timing	67
Work	75
Igniting the Spark <sup>SM</sup> of Enthusiasm <sup>SM</sup>	87
About the Author	113

## Introduction

Ahh, enthusiasm. Many of us know what it is and what it isn't; when it is genuine and when it's not. Each person experiences and expresses enthusiasm in his or her own unique way. When our fountain of enthusiasm flows, things go well and with greater ease. But when the fountain is plugged, things can seem more challenging and...well, you know...

There could be a variety of reasons you were drawn to this book.

- You may be looking for ways to keep your enthusiasm balanced in all areas of your life.
- You may find yourself becoming overwhelmed with the ebb and flow of the *stuff of life*.
- You are content with your personal expression of enthusiasm, though may be affected by others around you.

- Or your get up and go has already got up and went somewhere and you want to get it back.

No matter where you are on the enthusiasm spectrum, this book is for you.

As in life, there are many ways something can be accomplished. In this book we start out by looking at what may interfere with the natural expression and experience of enthusiasm, along with tips on what to do about it. Then we go to identifying things that can ignite our spark, rejuvenate us, replenish our energy and get us going again.

May this exploration and discovery ignite your spark in interesting ways...

With Joy & Enthusiasm,

*Antoinette S. Webster*

## **What to do when your get up and go got up and went.**

Now is a good time to address those times in our lives when we don't quite feel we are at our best, have lost our enthusiasm, or are dealing with the tough stuff of life. Occasionally feeling as if our "get up and go" has left us is somewhat a fact of life. There are several things to discuss regarding this. We can begin with what can steal our attention, deplete our energy, affect our life and work experiences, and interfere with our experience and expression of enthusiasm otherwise known as...

## **Congratulations!**

Yes! Congratulations for discovering **What to do when your get up and go got up and went**. As you take initiative to zap the zappers before they zap you, life will be different. You are on your way to increasing your energy, honing various skills, improving communications, balancing work and home, enhancing relationships and most importantly igniting the spark of your enthusiasm. Well, actually you are not just on your way to igniting the spark. You are also harnessing the power of your enthusiasm in all areas of your life. Enjoy!

## Order Form

Check out other books and resources related to *Igniting the Spark of Enthusiasm! Discovering what to do when your get up and go got up and went.*

### Books

<i>Enthusiasm! How To Draw It To Yourself &amp; Keep It</i>	\$19.95
<i>Enthusiasm! A Personal Journal</i>	\$11.95
<i>Igniting the Spark of Enthusiasm! Discovering...</i>	\$10.95

### Audio

<i>Enthusiasm! How To Draw It To Yourself &amp; Keep It</i> (Available Summer 2006)	\$19.95
--	---------

**Profiles** (investment includes one private session, up to 30 minutes, to discuss your results)

<i>Coping and Stress Profile</i> ®	\$19.00
<i>DiSC</i> ® <i>Classic Behavioral Styles Profile</i>	\$27.50
<i>Managing Work Expectations Profile</i>	\$27.50
<i>Personal Listening Style Profile</i> ®	\$27.50
<i>Time Mastery Profile</i> ®	\$27.50

Be sure to include \$4 for shipping and handling for the first item plus \$3 for each additional item. Ohio residents *must* add sales tax.

All amounts are in U.S. dollars.

You can order online at [www.ASystemthatWorks.com](http://www.ASystemthatWorks.com) or make check payable to ASW Consultants.

Mail to: 640 Foster Avenue, Hamilton, OH 45015 ☆ 513.887.0600  
[www.ASystemthatWorks.com](http://www.ASystemthatWorks.com) ☆ [info@ASystemthatWorks.com](mailto:info@ASystemthatWorks.com)

