

How Enthusiasm Can Help You Reach Your Goals

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Sample of Content:

Just how important is enthusiasm in goal realization in one's life? It is so important that it occupies one of the top slots in the list of elements needed for successful living. It is so important that it is one of the deciding factors to realize one's goal.

Content:

If enthusiasm can be bought as an item from a store, do you think it will sell? And if it does, just how much are you willing to pay for it?

I believe your response will be: "You must be kidding. It'll be a sellout. The store might probably run out of stock, you'll have to wait in queue for a long time before

you can get your order no matter the price.

Just how important is enthusiasm in goal realization in one's life? It is so important that it occupies one of the top slots in the list of elements needed for successful living. It is so important that it is one of the deciding factors to realize one's goal.

There is no doubt that everyone likes talking to enthusiastic people, unless a person likes to be in a gloomy state, which I doubt that person does. Enthusiastic people keep the conversation alive and upbeat. You feel like you are partying. And when you feel like partying, you wish the night will never end.

Enthusiasm brings out the hyper character in us. It is like adding more wood to a bonfire making you feel like you want to roast marshmallows in it. Honestly, as I am writing this, I'm beginning to be more enthusiastic myself.

The point is, enthusiasm is contagious like a disease. This is one contagious disease that has a desirable effect. Matter of fact, enthusiasm is the only disease everybody wants to contract. If there is a category in the Guinness Book of World Records of being the contagious disease most people would like to have with them, it is enthusiasm. Law enforcers would probably ban quarantine of this disease.

Now, just how do you get enthusiastic especially when your surroundings, the weather condition, and the general situation feels down and out?

Here are some helpful tips to develop enthusiasm:

- Adopt the "as if" principle. It is believed that this was first stated by Professor William James, at times known as the father of American Psychological Science. This is an effective time and people tested principle.

I would suggest at this point that you try to apply the "as if" principle with someone near or beside you to confirm its effectiveness. Think creatively.

Another similar principle is the "what if". If you are in the business of developing products of specialized use, you are most likely exposed to a lot of experimentation. When you come up with an idea on a product you'd like to try even if the idea seems unconventional, would you try it? Would you be saying to yourself: "What if I try to..."

- Adapt enthusiasm into the "practice makes perfect" principle. In other words, be enthusiastic on almost everything you do every day no matter how insignificant they are, no matter how small they are. All those small things when added up become big. This is the "as if" principle in small ways.

- As you wake up each morning, be enthusiastic about the things you are going to do that day. Bring enthusiasm to even the routinely morning chores like taking a shower, getting dressed, eating breakfast, taking the bus or driving your car (even in heavy traffic), in the office up to the time you reach home for dinner till you go to bed,

enthusiastically looking forward to tomorrow.

- Remember that each day in your life is God's gift to you. Show your appreciation to Him for the gift you receive by being nice to other people, helping others and thanking Him through prayers.

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