

Week 27-Enthusiastic

Day 1

Enthusiastic - Definition

Comes from "en theos". God within me. Almost as if you have a spiritual form in you to allow you to be uplifting and positive in all circumstances.

Enthusiastic - Quote

"To be enthusiastic, you sometimes have to act enthusiastic." Val Reneau

Demonstration:

For each day of the week, give yourself either "+" if you demonstrate this quality or "-" if you do not.

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My Goals for the Week:

+	

Would you like to work with someone who is enthusiastic? Why?

Week 27-Enthusiastic Day 2

Florence Chadwick - The Fog

In 1952, Florence Chadwick attempted to swim the 26 miles between Catalina Island and the California coastline. As she began, she was flanked by small boats that watched for sharks and were prepared to help her if she got hurt or grew tired. After about 15 hours, a thick fog set in. Florence began to doubt her ability, and she told her mother, who was in one of the boats, that she didn't think she could make it. She swam for another hour before asking to be pulled out, unable to see the coastline due to the fog. As she sat in the boat, she found out she had stopped swimming just one mile away from her destination.

Two months later, Chadwick tried again. This time was different. The same thick fog set in, but she made it because she said that she kept a mental image of the shoreline in her mind while she swam.

What is your fog that keeps you from being enthusiastic?

How can you get through your fog?

Week 27-Enthusiastic Day 3

Price or Prize?

Nothing great is ever accomplished without enthusiasm. You must be enthusiastic about what you do in order to be successful. That is why you have happy laborers and miserable CEO's.

In athletics, enthusiasm is a must...not a desired quality but a "must have" quality.

I once had an offensive lineman with good physical skills but a terrible attitude. He seemed to be miserable with everything we did in the off season. We were to begin padded spring football on a Monday in May when he came in and said he wanted to quit football. Our rule was that no player could quit until we as coaches had given the parents the opportunity to remedy the situation if they so desired.

I immediately took him to his house. His dad was mowing the yard. When I informed his dad why I was there, his reply was, "He will not quit. Our family never quits. He will be there Monday."

I left less than enthusiastic about working with him on Monday. That Monday and every day during spring ball this player was the most enthusiastic, happiest player I had. He was also the most improved and at the end of spring he was by far the best lineman.

When I asked him what was the change, he said, "Prior to trying to quit, I dreaded everything about practice. I woke up dreading going to practice and it got worse as the day wore on. When my dad said that I couldn't quit, I decided I was going to have fun at practice. Before, practice seemed to go on forever. When I decided to have fun, I could not believe how quickly practice flew by. Once I started having fun and being enthusiastic, I kept getting better and everything got better."

This is a tough way to learn enthusiasm but years later when I talked to the player, he still uses that lesson and is enthusiastic about his work and any challenges along the way.

Is the prize worth the price? Explain what that means in your own words?

Do you have a prize that you are working on? Is it worth the price? Explain.

Week 27-Enthusiastic Day 4

“Fantastic!”

As with many of these qualities, enthusiasm is a choice you make. The following story is about a person choosing positive enthusiasm over negative complaining.

The man was at the airport excited about going home after being on the road working for several weeks.

When he got to the agent, she announced that his flight had been delayed. He enthusiastically replied, “Fantastic!” She asked him why he thought that his flight being delayed was “fantastic.”

He replied that the only reason that the flight would be delayed is if there was something wrong with the plane or the pilot. In either case, he did not want to be in the air.

She responded sarcastically, “The flight will be delayed for 4 hours.” He enthusiastically replied, “This airport is air-conditioned and I see a table where I can sit and get lots of paperwork done.”

Did he really feel that way? Probably not but he was going to choose to be enthusiastic and find something positive about his situation.

You make it a great day by saying, “Fantastic!” when dealing with a negative situation and feeling determined to be positively enthusiastic. You make the choice of being enthusiastic.

You choose to make it a great day.

“FANTASTIC!!”

Would you like to travel with this man? Why?

What does being enthusiastic do to the people around you or who work with you?

Week 27-Enthusiastic

Day 5

Evaluate Your Week

We've been focused on "Enthusiastic" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Enthusiastic" this week.

Of the three stories,"Florence Chadwick","Price or Prize", "Fantastic!", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____