

## Live Your Life with Enthusiasm

By Paul J. Meyer



When Emerson said, "Every great and commanding movement in the annals of the world is a triumph of enthusiasm," he was speaking not only of world history, but also of everyday events in the lives of everyday people. Enthusiasm is the outward reflection of inner confidence. You command every situation in life by taking each step with enthusiasm.

Enthusiasm is not for sale; you cannot buy it, but you can create it! And once created, enthusiasm is your greatest single source of productivity. Consider enthusiasm's power points:

- ▲ *Enthusiasm is a knowledgeable indicator.* It announces in letters 10 feet tall that you are completely familiar with an idea, a plan, your business, your profession, or the product you sell.
- ▲ *Enthusiasm produces energy.* Just as every living plant draws energy from the sun, so the brilliance of your enthusiasm produces unlimited excitement and zest for your work.
- ▲ *Enthusiasm is contagious.* Enthusiasm is as much a part of your personality as your smile, your posture, or your handshake. No one can be exposed to its radiant force without being favorably affected.

Enthusiasm is power – unlimited power! But remember, the true enthusiast expresses power naturally and appropriately. Doing the minimum a job or profession demands may satisfy others, but as a genuine enthusiast, you will not be satisfied unless you are doing what most people call "impossible." Accomplishing the "impossible" will require much skill and perseverance, but when you are a real enthusiast, excellence is just a normal way of life.

Practice applying enthusiasm to every moment of your daily life: to all of your work, to your family life, and to your social life. Think "I can!" Assure yourself that you can do it, and you will do it because you believe in yourself and your own powers of accomplishment.

*Saturate yourself with confidence and belief!* For when this belief is embedded in your consciousness, you will be a true enthusiast – a master of "thoughts that breathe and words that burn." *You will possess the infinite power of enthusiasm!*

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## Get Your Priorities in Order

On May 11, 1996, Beck Weathers, a Dallas pathologist with a passion for high adventure, survived a tragic, terrifying day on Mt. Everest. Eight of his fellow climbers didn't survive. Weathers wandered alone on the mountain, enduring temperatures of perhaps 50 below zero and 70-knot winds. Although he survived his ordeal, he lost his right arm almost to the elbow. The fingers and most of the thumb of his left hand had to be removed too, and surgeons had to reconstruct a new nose to replace the one he lost to frostbite. But Weathers considers himself fortunate – fortunate to be alive, but also to have been given the chance to see life in a new light and to get a new vision of what really matters.



As a man obsessed with reaching the summit of both his career and his mountain-climbing goals, Weathers admits that he had lost sight of what really mattered in life. Since that tragic day on the mountain and his amazing survival, Weathers now has his priorities in order. He's found that the most important things in life are usually found close to home – your family, friends, and faith. Unfortunately, some people find out too late that it's the relationships in life – not fame, fortune, awards, or achievements – which really matter. Who and what is most important in your life? Are you focusing your time and attention on them, or are you attempting to climb the mountains that bring little reward upon reaching the top? Create great days for yourself and those you love by spending time together, creating strong relationships and treasured memories, and valuing those things that have the most value.

Julie Alexander is a professional speaker who works with organizations that want to boost morale and people who want great days on and off the job. She is the author of *Great Days: 50 Ways to Add Energy, Enthusiasm, & Enjoyment to Your Life and Make Life Count! – 50 Ways to Great Days*. For more information, visit [www.JulieAlexander.com](http://www.JulieAlexander.com).



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