

# Enthusiasm

Who of you have seen the movie "Shall we dance?". Can you remember John's way of life before he took up dancing : travelling to work in the morning, working during the day and travelling home in the early evening. He realised that his life has become a monotonous repetition of the previous day without something that adds that "extra" to his life.

How many of us follow the same pattern : grinding through work every day, because you need the salary to pay your bills; after work going to the gym to get rid of the work stress or because you have read that one needs to exercise at least 3 to 4 times per week and then going home to watch TV, video's or DVD's. Previous years people still practised hobbies that they enjoyed, but how many of us still practise that e.g sewing, knitting, etc for the ladies and woodcarving, playing bridge or chess for the men. In general life has become very monotonous for many people except for the stress at work.

One needs to have something that you are really enthusiastic about; that puts the sparkle in your eyes and the skip in your step. This enthusiasm will spill over to your work, your sporting activities and your private life. And do you know how good this will be to reduce your stress levels ! Think wide and follow your heart; what is it that you have always been longing to do and try your utmost to make that dream come true. You will notice that the enthusiasm which that activity brings into your life, releases so many feel-good hormones that problems that may have seemed huge can now be tackled easily.

If you do not have enthusiasm, you will not be able to reach the heights that you were meant to reach. All people have the ability to reach a specific goal, be it in the working place or on the sports field or in any other sphere of life, but without enthusiasm that goal will just remain a goal.

I would like to include a saying by Walter Chrysler :

"The real secret of success is enthusiasm.

Yes, more than enthusiasm.

I would say excitement.

I like to see men excited.

When they get excited they make a success of their lives.

You can do anything if you have enthusiasm.

Enthusiasm is the yeast that makes your hope rise to the stars.

Enthusiasm is the sparkle in your eye, it is the swing in your gait, the grip of your hand, the irresistible surge of your will and your energy to execute your ideas. Enthusiasts are fighters.

They have fortitude, they have staying qualities.

Enthusiasm is at the bottom of all progress.

With it there is accomplishment.

Without it there are only alibis "