



The Virtue of Enthusiasm

Enthusiasm is being cheerful, happy, and full of spirit. It is doing something wholeheartedly and eagerly. When you are enthusiastic, you have a positive attitude. Enthusiasm is being inspired.

You are practicing Enthusiasm when you:

Smile, laugh and enjoy what you do

Look forward to something eagerly

Have a positive attitude

Do things wholeheartedly

Look on the bright side

Are inspired by the wonders of life

Affirmation

I am full of enthusiasm. I give 100% to whatever I do. I use my imagination. I am open to the wonders in store for me today.

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