

NAME _____

CHARACTER QUALITY: **ENTHUSIASM**

DEFINITION: It is great excitement for or interest in a subject or cause. It has been explained further as "Expressing joy in each task as I give it my best effort."

<http://www.thefreedictionary.com/enthusiasm> & www.characterfirst.com



... Quality Think/Quick Write ...



DESCRIBE SOMEONE YOU CONSIDER TO VERY FULL OF ENTHUSIASM. You would describe this person as ENTHUSIASTIC !

DESCRIBE A TIME WHEN YOU FOUND YOURSELF TO BE VERY ENTHUSIASTIC. WHAT MADE YOU FEEL THAT WAY?

*"Nothing **great** was ever achieved without **enthusiasm**."
—Ralph Waldo Emerson*

What do you think this great thinker meant by that statement?

On the back explain your ideas. Can you think of an example?

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Have you ever noticed how when you are feeling low on enthusiasm a job seems to take longer? It not only seems to take more time, it actually can take longer. A lack of enthusiasm can lead to a lack of energy! The opposite is true as well. If you're enthusiastically engaged you'll find the time just flies by!



When faced with a big task, it's important to remember this:

"A little at a time, it will get done."

Don't let the size of a task get in the way of your being ENTHUSIASTIC.

Some tasks take MORE time for you than for others because you're feeling less enthused. Sometimes you just need to know *why* what you're supposed to do is IMPORTANT to do. Check the item and think of someone you could turn to as a "cheerleader" to help you increase your sense of purpose—and ENTHUSIASM!! You can think of your own idea if the list doesn't have any of your situations that could use a little more **ENTHUSIASM!**

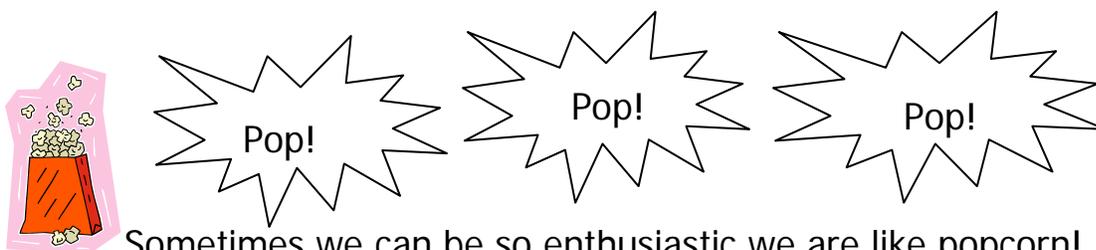
ENTHUSIASTIC ?	Yes!	Not at all!	Cheering me on to ENTHUSIASM . . . 
 Doing Homework			
 Cleaning My Room			
 Outdoor Work			
 Getting Ready for School			
 Getting Ready for Bed			
 Brushing My Teeth			
 Reading a Book			
?			

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Have you ever had someone say to you, "Hey! Put on a happy face?" or "Turn that FROWN upside DOWN!" Sometimes we can forget how others are impacted just by our attitude.



Sometimes we can be so enthusiastic we are like popcorn!

Other times we're happy just to get through the day. We all go through times that make us feel like we're dragging a heavy weight. 

Which words below mean the same as ENTHUSIASM? They are called SYNONYMS. Which are opposite in meaning? These are the ANTONYMS. Identify each word with a check in the proper column.

SYNONYM	ENTHUSIASM	ANTONYM
	joy	
	apathy	
	indifference	
	zeal	
	pep	
	eagerness	
	sluggishness	
	animation	
	excitement	
	boredom	
	weariness	

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Putting your whole heart into what you do indicates you have **ENTHUSIASM** for your activities. Sometimes, even though you've enthusiastically accomplished a task, you find out that it wasn't successful after all. IF you have given something your best, though, you need to know a failure does not need to be a cause for discouragement. It's a sign to try again a DIFFERENT way and maybe with some new team members!!

Zig Ziglar said: "Failure is a DETOUR, not a dead-end street."



Identify the option you enthusiastically could choose if you face a time of failure. Put number 1 for your first plan, 2 for the second and 3 for the third possibility to keep up your **ENTHUSIASM**:

- I failed the spelling test so, next time . . .
- ___ I'll study harder.
 - ___ I'll ask a friend to study with me.
 - ___ I'll ask the teacher for some study tips.

- My friend didn't want to go to the park with me, so next time. . .
- ___ I'll ask her/him earlier in the week.
 - ___ I'll ask another friend.
 - ___ I'll ask if there's another time we can go later in the day.

- I was trying to learn to jump rope 50 times without a miss. I kept missing around 26, 27, and 28 so, next time . . .
- ___ I will set a new goal of 30.
 - ___ I'll ask a friend to see why I'm missing—and tell me!
 - ___ I'll change from jumping with both feet to skip jumping.

On the back, write about or draw a time you had a "detour" to success.

