

# ENTHUSIASM EXERCISE

## WHAT HAS JOB GIVEN ME?


- Daily exercise/move throughout the day
- Eat/Don't neglect yourself
- Compliment and Encourage someone 2x daily

## 2 DAILY TASKS

Manufacture products	→
	→

## YOUR PURPOSE

More I make, the more I earn	→
	→

## LIFE GOAL

Get out of debt / new car	→
	→

### WHAT WOULD YOU DO IF NO JOB?


### NO PEOPLE / THEY QUIT?


***“EVERY MAN IS ENTHUSIASTIC AT TIMES. ONE MAN HAS ENTHUSIASM FOR 30 MINUTES—ANOTHER FOR 30 DAYS. BUT IT IS THE MAN WHO HAS IT FOR 30 YEARS THAT MAKES A SUCCESS OUT OF HIS LIFE.”***  
**-EDWARD D. BUTLER**

# ENTHUSIASM RESOURCES

- Read <http://bookboon.com/blog/2012/09/why-enthusiastic-leaders-are-the-key-to-success/>
  - Identify which of the five characteristics of a positive leader you are the most lacking in. Develop a plan to improve in that area for one week. For example, you may believe that commitment to the vision is where you are the most lacking. Read the company vision each day and commit it to memory. Ask your people to memorize it. Ask them to state what they think it means and how they can best achieve it, and ask the same of yourself. Write down how you could better become the “Vision Version” of yourself, etc.
  - Continue this process each week for the characteristic in which you feel you are the weakest. At the end of the month, write down what you’ve learned and how you have grown more enthusiastic as a leader.
- Read <https://artpetty.com/2014/11/09/its-your-career-the-power-of-displaying-passion-for-your-work/>
  - Develop a plan to implement all five of the recommendations to increase enthusiasm at work. Write down what you’ve done and the lessons learned, and take them to your immediate supervisor during your next evaluation.
- Read *Engaging the Hearts and Minds of Your Employees* by Lee Colan
  - Write down one goal in each of the six areas of need (Achievement, Autonomy, etc...) to improve with your subordinates.
  - Write down a goal for yourself to grow in each of those areas. Share that goal with a peer or friend and log the results.
- Read <https://www.dreamachieversacademy.com/5-benefits-of-being-an-enthusiastic-leader-by-duncan-brodie/>
  - Identify which of the five benefits of being a more enthusiastic leader appeal to you the most. Develop a plan to show your enthusiasm at work every day for one week, and then two, etc., until you’ve deliberately made an effort every day for a month.
  - Write down the lessons learned and summarize the greatest benefit you’ve gained, and the effect it’s had on your people.
- Read [http://www.lmi-inc.com/articles/Enthusiasm\\_The\\_Sixth\\_key.pdf](http://www.lmi-inc.com/articles/Enthusiasm_The_Sixth_key.pdf)
  - Identify which of the three steps (Interest, Knowledge, Belief) you struggle with the most. Develop a plan to improve in that area for one week. For example, if you are interested in your job, and have a very thorough knowledge of how to perform it, even to the minor detail level, yet you struggle to believe that it will make a difference, then belief is your weakest area.
  - Look at the company mission, your personal vision statement, and how they two relate. How can you increase your belief that your job will help you achieve your personal desires? Make a list of specific personal goals you’re working towards and list how your professional life is helping you to achieve them.