



character

a 52-week series about amplifying your
management & leadership skillset

create

Enthusiasm

Overview

If there was one thing I would share about management & leadership...

It would be about **enthusiasm**. Enthusiasm is a mindset. It is how you look at your day and drives your actions. While is not guaranteed to bring you success, it will be an inspiration to others because it is how you view something and all things.

"It's faith in something and enthusiasm for something that makes a life worth living."

Oliver Wendell Holmes, Sr.

For the week...

- Even if it feels awkward at first, start the day with an appreciation for what you have.
- When you make your list for the day, 'sandwich' moments to celebrate others.
- Energize daily; maybe 5 minutes to walk outside, meditate, listen to music or read.
- And the little things: **smile, say thank you, help someone else and believe.**

This doesn't mean put on a fake face. Let's be real. Some days are hard. This will be a choice. It is when it is hard that it will yield the greatest result – you'll get back up, move forward and demonstrate there is opportunity in all things.



To learn more about this series, contact Kurt Reinhart.
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