

DEVELOP ENTHUSIASM

1. **START THE DAY RIGHT.** You can condition a day in the first five minutes after you wake up. Henry Thoreau used to be abed in the morning telling himself all the good news he could think of. Then he arose to meet the day in a world filled with good things, good people and good opportunities.

The late William H. Danforth, a prominent business leader, said, "Every morning, pull yourself up to your full height and stand tall. Then think tall - think great, elevated thoughts. Then go out and act tall. DO that and joy will flow to you."

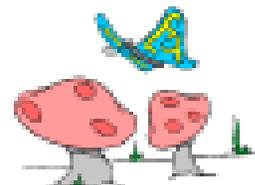
Go on spreading enthusiasm all day and at night you will have a deposit of joy in your life such as you never had before.

2. **READ YOUR BIBLE,** for it is full of enthusiasm generators. What greater motivators, for example are there than, "All things are possible to him that believeth," (Mark 9:23) and "Whatsoever you shall ask in prayer, believing, ye shall receive." (Mark 21:22)

The Bible positively glows with excitement and enthusiasm. "Be renewed," it says in Ephesians 4:23, "in the spirit of your mind," not merely on the surface of your mind, but in the deep spirit that activates your thoughts. Saturate your mind with great passages from the Bible. Then pray to God for guidance and get going!

3. **LOVE LIFE and PEOPLE.** Love people. Love the sky, love beauty, love God. The person who loves always becomes enthusiastic. Begin today to cultivate the love of living. Like Fred, for example, who runs a little eating place.

Resting a big hand on the counter, he asked me,
"O.K., brother, what do you have?"
"Are you Fred?"



Along the counter was an old man who looked extremely miserable. He was sitting hunched over. His hand shook. After Fred had put my burger in front of me, he went over and put his hand on that old fellow, "That's all right, Bill," he said. "That's all right. I am going to fix you a bowl of that nice hot soup that you like." Bill nodded gratefully.

Another old man got up and shuffled over to pay his check. Fred said, "Mr. Brown, watch out for the cars out there on the avenue. They come pretty fast at night." And he added, "Have a look at the moonlight on the river. It's extremely pretty tonight."

When I paid my check, I couldn't help remarking, "You know something, my friend? I like the way you spoke to those old men. You made them feel that life is good."

"Why not?" he asked. "Life is good, to me. I get a kick out of living. They're pretty sad old guys and our place is sort of like home to them. Anyway, I kind of like 'em."

Find needs and fill them. And bring bona fide enthusiasm to your life.

4. GUARD YOUR ENERGY LEVEL. To keep full of enthusiasm, as God intended you to be, keep your intake of energy greater than the outgo of energy. If you are tense and uptight, the constant tension depletes you so that your energy dissipates and with it your enthusiasm.

Therefore, discover the great technique of being able to "let go and let God." Ask God for wisdom and guidance, and then give life the very best. Having done your best, leave the outcome to the Lord.

