

How to keep the fires of enthusiasm burning

When we were kids, we always had a ready answer when someone asked what we would be when we grew up. A teacher, a nurse, a soldier, a doctor, we might say. We had no clue of what it takes to become all those things. We just thought they were 'cool' jobs and knew we'd afford to own a car. The idea of having money and driving a "sweet ride" alone kept us dreaming big and also excited about the future.

Then we grew up! We realize that life differs from what we thought it was. We need good grades and skills to become the people we wanted to be. Various other things determine one's success, including family, the economy, politics, and social issues, to mention only a few. We have faced all these, and while others may have had an easier time, some fought and conquered, and others have hit a brick wall such that the enthusiasm they once had is fading.

That is the reality of life. Life is not black and white. To be successful, you need more than just dreams. But let's forget everything else that we can do to keep things moving and look at what enthusiasm alone can help us achieve. What happens when you take your childhood spirit into adulthood? That zealotry accompanied by fearlessness?

There are many reasons to keep the fire inside you burning

Goal Achievement. When you are excited and energetic about your dreams, you stand a greater chance to succeed. The excitement alone and the keenness to see what awaits on the other side motivate you to work on your goals.

Overcoming Adversity. Enthusiasts are passionate about what they do. This keeps their fire burning and makes them unstoppable. It is easy to use adversity as an excuse if you do not love or are unsure what you are doing. The passion and energy of an enthusiast keep them fighting for their dreams when they meet obstacles. Passion has power over problems.

Growth Through Challenges. There is no place for fear in the lives of enthusiastic people. This allows them to take up challenges and grab opportunities with courage, which keeps them growing. The energy exerted in activities helps complete tasks and leave no choice but to move a step or steps higher to keep the enthusiasm fed and the enthusiast satisfied. The zeal in an enthusiast also keeps them interested in what others do, which helps them quickly learn from others.

Enthusiasm Will Open Doors. Curiosity emanates from enthusiasm. Together with fearlessness, interest evokes the love for exploring. New opportunities can then be discovered, and we create unique relationships. This growth puts one in a position to make more life-changing discoveries.

Even Baby Steps are Important. Keep going regardless of how small your steps seem. An enthusiast just wants to keep moving even if they have to take it one step at a time. Enthusiasm

does not allow you to waste yourself or the chances you get. Also, enthusiasts are persistent and will let nothing stop them. Be an enthusiast. Always use your energy.

Passion Improves Your Performance. When you are enthusiastic, everything that you need to do to reach your goals is more than just an activity for the day. You understand the activities stand between where you are and where you are going. They are of sentimental value. You value your customers as many of the people your future depends on. Apart from that, being passionate about what you do gets you doing your best.

How do we lose enthusiasm?

Pressure. Pressure has led to many people's downfall. Pressure gets people doing things to please others, something they are not even passionate about. As a result, they are not the happiest and lack motivation from within. Do what you love and what is sensible to you.

Ingratitude. We can lose our enthusiasm if we stop appreciating things or people in our lives and take them for granted. When we are grateful for the fruits of our labor, we want more of them. The desire to have more motivates us to keep working. Appreciating what we receive or have can also start a fire within us because it also makes us keen to do or see more.

Discouragement. Nothing extinguishes the fire in us quicker than discouragements. So much negativity surrounds us we doubt ourselves, our dreams, our support systems, or even life itself. There are times we feel our goals are too big to achieve. These are the times we need to surround ourselves with positivity.

Loss of Hope. When you are used to losing, you stop expecting rewards for your labor. You begin to feel as though trying is pointless, and certain things are "not meant for you".

The Desire for Easy Living. Some people want to have it easy all the time. Sometimes, what we meet on the ground as we implement our plans is not what we expected. When you want to have things easy, it can become frustrating, and you begin to hate the work you do. As a famous entertainer once said: "Easy doesn't make it anymore."

So, by all means, do what you have to do to keep the fires of enthusiasm burning. For it is the enthusiasm that supports your dreams and makes the pursuit of your goals a natural and enjoyable process.