

ARE YOU ENTHUSIASTIC?

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100% Effective Natural Hormone Treatment Menopause, Andropause And Other Hormone Imbalances Impair Healthy Healing In People Over The Age Of 30!

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By Rhoberta Shaler

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Enthusiasm, the dictionary tells us, means to have a strong excitement of feeling, something inspiring zeal or passion. In Greek and French it means to be inspired. It's origins are, and its first definition, comes from the religious. An enthusiast is one who tends to become ardently absorbed in an interest—a cause, object or pursuit. The real key to success is enthusiasm, so, the big question of the day is, "What fills you with enthusiasm?"

What is it that inspires you to look forward to each day as you wake up? What is it that gives you energy to stay up late and get up early because of your passion for what you are doing? What are you creating in your life that is so in tune with what stirs your interest that you can hardly wait to do it? It would be very sad if the answer was "Nothing", however, for most folks, that is just not true. There is something that fires them up. It may be their families, their careers, their hobbies, their community service, their desire to travel. Whatever that something is, it deserves a closer look.

You may have considered the possibility that what you are passionate about can be turned into how you create your financial means. You may have only thought of it as a hobby, a respite, a refreshing balance to your career. Is it possible that it could be more? Would you want it to be more?

I've often suggested here that you find those things that are most important to you, and center your life around them. Enthusiasm is to be found where those most important things you

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value reside. These are the things that light you up. It is easy to know what lights you up because you know the feeling, no matter how fleeting. Just before the rational mind starts convincing you that you are mistaken, your heart soars for a moment. Your eyes light up and you hear that "Yes!!!" from deep inside. This is the seat of enthusiasm. Grab it, examine, it and, above all, do more of whatever it is that creates it!

For today, no matter what the rational mind says, look and listen for the places, events, ideas, people and activities that make your heart shout that loud "Yes!!!" . Spend some time deciding how to bring more of those things into your life. You

deserve to live enthusiastically.

Rhoberta Shaler, PhD Keynotes, Seminars & Coaching for entrepreneurs & professionals who want the motivation & strategies to achieve, to lead and to live richly. Creator of the Living Richly™ Program Host of Living Richly™ on www.wsRadio.ws. Author of OPTIMIZE Your Day! Practical Wisdom for Optimal Living Optimize Life Now! San Diego, CA www.OptimizeLifeNow.com

What You Need to Succeed in Loosing Weight

By Jackie Stanley

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What You Need to Succeed at Losing Weight

Consider this scenario. On July 1, Jane and Jill both resolve to eat well and exercise more. Jane makes her resolution with excitement, eagerness and wholehearted anticipation of reaching her goal. Jill's resolution, on the other hand, is made with halfhearted commitment and detachment.

When she talks about the possibility of losing weight and living a healthier life, Jane is passionate and exuberant, while Jill responds to questions about her weight management goals with only lukewarm interest.

On December 31, 2004, assuming their attitudes don't change during the year, which of these two women is most likely to reach the weight loss and management goals with only lukewarm interest.

Enthusiasm is critical to the success of any endeavor, but this is especially true in the area of weight loss and management. Think about it. When we are feeling down and out, that is when we are most likely to overeat and least likely to exercise. Our passionate desire to achieve a goal is what will drive us to get up at 5:00 am and exercise before going to work or to pass on a second helping of scalloped potatoes.

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