

Fire Up Your Enthusiasm!

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Fire Up Your Enthusiasm!

By Donald Schnell

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Dear Success Colleague,

In the next 7 minutes turn on your enthusiasm! Whatever challenges you face today will be easier if you program yourself with enthusiastic feelings. In fact, enthusiasm can make all the difference between a successful day, or just another day. Which do you choose?

Affirmations are one method of generating enthusiasm.

How?

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Affirm your way to success. Affirmations are a powerful tool of transformation. I was first introduced to their power during a sales training class.

The Veteran salesman looked at me and said, "Donald if you want your prospects to buy to you have to act enthusiastic!"

"How I asked?"

He looked me in the eye, and then spun his body around 360 degrees, crashing his fist into his palm. He was smiling enthusiastically, and he affirmed, "I feel great!" His voice was booming, commanding and filled with enthusiasm.

The result? His enthusiasm was contagious.

By working with affirmations, you start the process of changing negative and unproductive beliefs, into positive life supporting beliefs. Regular practice of affirmations will create a more successful future.

Here are some guidelines:

CREATING YOUR AFFIRMATION

Establish in your mind the specific area in which you most want to improve. There are many areas of life where affirmations are useful. Some areas are self-esteem, love & relationships, creative self expression, work, prosperity, health and spiritual development.

Stay in the Now

Affirmations are more effective when stated in the present tense. For example; "I now have a wonderful job." Avoid affirming something in the future tense, e.g. "I am going to have a wonderful job" or the results will always be waiting to happen.

Use the "Power of Positive Thinking"

Please create your affirmations with the most positive words that you can while avoiding negative statements. Affirm what you do want, rather than what you don't want.

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For example; "I don't want to smoke." This is a negative statement. Instead affirm; "I now enjoy being a nonsmoker." This statement is a more powerful expression because it is dynamically positive and reinforces your desired goal.

KISS: Keep it Simple and Specific

Short affirmations are easy to say, and have a far greater impact at a subconscious level than those which are long and wordy. Keeping them specific and to the point adds power as the idea is uncluttered by elements.

Repeat your affirmation frequently

The importance of repetition cannot be overemphasized. It imprints the affirmation into your subconscious mind.

Make them Emotional

Get involved, be passionate, use your emotions. Think carefully about the meaning of the words as you repeat them rather than typing or saying them.

Don't be a Quitter

Continued effort allows you to achieve results much sooner than practicing affirmations sporadically.

Why not take 7 minutes and begin to identify one area of your life that needs improving? Think of an appropriate affirmation and then begin to use it throughout your day.

Enthusiastically yours,

Donald Schnell

***** Dr. Donald Schnell co– founded with Marilyn Diamond of Fit

For Life, the Spiritual Java Diet Coaching Program, that is transforming thousands. The New Spiritual Diet, Incredible Value, One on One coaching Amazing Results. <http://www.SpiritualJava.com> or email: Donald@SpiritualJava.com Donald Schnell is the author of The Initiation. Free Motivational Newsletter, The Buzz <http://www.spiritualjava.com>

Over-Enthusiasm in the Job Search

By Marilyn J. Tellez, M.A.

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Over-Enthusiasm in the Job Search

You have just had an interview that was great by your standards. You want to celebrate, maybe have a drink, dinner, and relax. You are SURE you will be the candidate who has won the job prize.

In fact, you have had several of these kinds of interviews this week. Three of them! You were enthused after each one! However, doubts overcame you after the second one did not produce a job offer, nor did the first one, and you are now once again on a "high" over this third one.

It's close to the weekend and you have decided to not worry over the results of this last interview. Surely, there will be good news for you on Monday. Monday morning and afternoon come and go with no results in your favor. In fact, no news at all. Now, you begin to have more than the twinge of doubt that you had before in your capabilities. And, you have no more interviews coming up all week long!

You decide to call the employer to see if they have reached a decision. They have. It was not you. You now have full blown anxiety and doubt about your abilities. Over-enthusiasm has hit you again. Enthusiasm for a job to do is a must, but you can have too much of it.

You, job seeker, would have been more in control of your emotions if you had continued to focus on your job seeking activities AS IF you have not been in an extraordinary job seeker mode with more interviews to choose from. It could be 10th interview you have that will get you hired.

If longer than that, practice, practice, practice on what you are doing to find a job. Make more contacts, overhaul your resume again, make sure your skill set is one that employers want. If not, brush up on some of the neglected ones. Keep going. It truly is not going to be a lifelong struggle to find one job!

Just keep your high's and low's within your reach. Think of over-enthusiasm as a balloon you let go of and its now out of sight. Make your sure you job seeker "balloons" are within reach.

Graduate of JFK University Career Development Program Certified Career & Job Transition

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