



Winston Churchill told us that life is just one damn thing after another.

The good news is that he also gave us the antidote: *success is going from failure to failure without loss of enthusiasm.*

Therein lies a secret to happiness.

When it feels like it's just one damn thing after another, keep your enthusiasm. Your enthusiasm inspires you to stay in the game, and keep playing to win.

Enthusiasm fuels your ability to deal with what shows up whether it's failure, success, feedback, appreciation or criticism.

Don't curb your enthusiasm or you may lose the ability to think about what's possible, do what it takes, and laugh over time.

Regardless, life will still come at you full speed; so here are 5 ways to keep your enthusiasm.

1. Stay balanced so you can move the energy, positive or negative, in a useful and beneficial way. If you stay attached to your point of view, you may as well glue your feet to the ground. You won't be able to move in any direction.
2. Accept what happens in the moment of happening. See things as they are. You can moan and groan about it, but that doesn't change anything. Until you accept it, you can't even look for what's possible. Don't exaggerate what can be done. Set expectations so outcomes can exceed promises.
3. Be resourceful. My friend Wayne Austin says, "I am able, therefore I can handle anything and I don't care if anyone else thinks I can!" I hear freedom in that simple statement. The freedom to be and the freedom to act.
4. Stay on schedule. It's hard to stay on schedule when you have dozens of meetings, phone calls, emails, and interruptions to deal with. It's easy to stay on schedule when you only have 1 thing on your schedule. So here's a little secret. Put 1 fulfilling item on your schedule everyday and be sure to do it! All of the other items on your calendar you probably get paid to do, and you will do them. So don't worry about it.
5. Love it. Love is the energy that allows you to be present. Expand your love this week to include not just what happens, but all the people it happens with or to. You'll find that you lose blame and forgiveness expands. You lose excuses and possibilities expand. You lose stress and clarity expands.

Use these 5 ways to keep your enthusiasm fresh.

My love goes with you as you work with this Uplifting Moment.