



## Enthusiasm Makes a **BIG** Difference!

### POWER LUNCH Webinar

Monday, May 3 from 12 noon to 12:30 pm

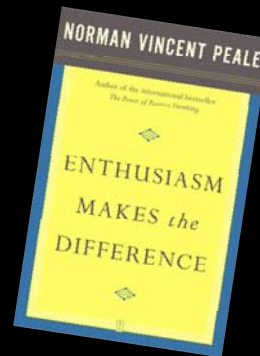
**THANK YOU FOR JOINING US TODAY!**

*We conducted a test in advance, but as you know technology has its quirks! To help you to troubleshoot:*

- **AUDIO:** click your preferred audio mode: use telephone or use microphone & speakers.
- If you cannot get the sound to work, Plan B is to watch the slides scroll silently as you eat your lunch. You'll be blessed!
- **VISUAL:** if the slides don't scroll properly, Plan B is to go to the Webinar page at [www.ChristAtWork.org](http://www.ChristAtWork.org), open the PDF file containing the slides for today's webinar, and listen to the audio as you scroll through the PDF file.



- Much of what I'll share in the moments we have together today is from the writings and speeches of the Rev. Norman Vincent Peale--a pastor with a passion to minister to businesspeople.



## As we begin...

- Northeast Christians At Work is a non-profit, all-volunteer workplace ministry. We're celebrating our 10<sup>th</sup> anniversary in 2010.
- I'd like to thank our webinar sponsors:
  - Lord & Benoit ([www.Section404.org](http://www.Section404.org)),
  - Scranton Financial ([www.ScrantonFG.com](http://www.ScrantonFG.com))
  - Keep In Touch ([www.KeepTouch.com](http://www.KeepTouch.com))
- Let's open in prayer!



## Encouragement @ Work:

We hope this luncheon will help you to  
move forward with a positive spirit...  
*in a negative world.*



## ***Enthusiasm breeds encouragement!***

- Enthusiasm means “passionate admiration or interest...”
- “Religious emotion extravagantly manifested...”
- “God in you...”
- “Fullness of joy.”

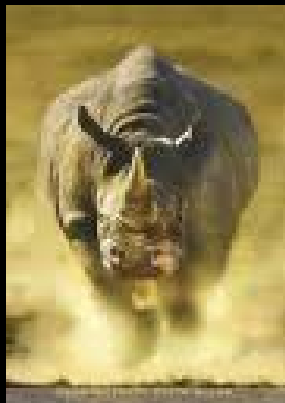
## ***Key components of enthusiasm:***

- Heat
- Intelligence
- Motivation
- Notice the acronym: *HIM!*

## *In its proper context...*

- Enthusiasm creates and builds. It is constructive.
- Enthusiasm is “relaxed power,” full of drive but lacking tension.

## *Beware of uncontrolled enthusiasm!*



- Uncontrolled enthusiasm *dominates* a person, causing him/her to be overheated, overconfident, full of uncontrolled anticipation...
- ...which leads to a “running away” from judgment and reason.

## ***The fruits of uncontrolled enthusiasm are not good!***

- Unreasonableness
- Attempting to do too much, too soon
- Loud talking
- High pressure
- Eventually, defeat and frustration because it is *overpressed*.

## ***The alternative to enthusiasm isn't good, either!***

- A low supply or lack of enthusiasm leads to cooling...
- cooling leads to apathy...
- and apathy makes jobs more difficult, tiresome, and tense. Yuck!



## ***Common “coolants” to enthusiasm:***



- The jeers of sophisticates
- The jeers of intellectuals
- The jeers of wealthy cynics
- The jeers of professional critics

## ***How do you ignite and keep your enthusiasm?***



- “Mentally ventilate” at the beginning and end of each day.
- Out with the bad, in with the good!
- Another word for this is “prayer” as described in Philippians 4.

***Why mentally ventilate? To  
cleanse your mind and heart of:***

Discouragement	Gloom
Hatred & Prejudice	Envy & Greed
Hurts	Worries

***In today's world,  
we have much to fear:***

- It would be very easy for all of us to become professional "worry worts!"



***Let's look at the verb  
"to worry" for a minute:***

- It means "to choke or strangle" one's personality.
- If you're full of worry, you can't be "yourself!"



***Mentally ventilating gets rid  
of the negative trash.***

- You'll undergo a high degree of "combustion of the mind."
- Remember, the three components of enthusiasm are *heat*, intelligence, and motivation.



## *What causes “high combustion of the mind?”*

- When you are aroused by an ideal that takes your imagination by storm.
- This ideal fires you up!



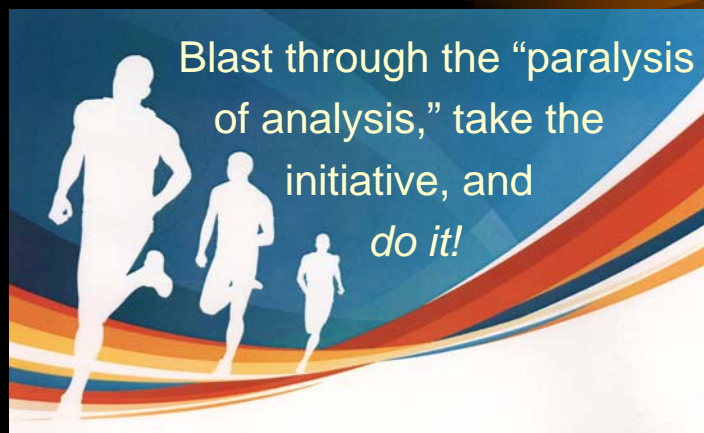
- That's part of the value of company missions, visions, positioning statements. By their nature, they are idealizing and “dreamy.”
- For example, Disney's vision.

## ***Once you're fired up, use your intellect!***



- Develop an intelligent plan for carrying that ideal into “real world” practice.
- Methodically break down the plan into little, achievable, bite-sized pieces.

## ***After the heat and intelligence comes motivation.***



### ***Specific benefits of enthusiasm:***

- Joy!
- Motivation!
- Cancellation of fear, paralysis, worry!
- A new perspective on “problems!”

### ***Wow!*** ***The Upside of Problems***

- With *enthusiasm*, problems become fun because they each have a “soft spot” that carries with it the seeds of its own solution!
- With *enthusiasm*, it’s enjoyable and rewarding to be a creative problem-solver!

## *Today can be the beginning of a new life of enthusiasm!*

- It begins with printing the PDF notes of this webinar from [ChristAtWork.org](http://ChristAtWork.org) (Webinars page) and applying the principles we've covered today!



- Mark your calendar for our next Power Lunch Webinar on Monday, June 7 on "Disposing of the Poverty Mindset" led by Bob Benoit.
- Visit our displays at the Total Woman Conference on June 5 and the CT Business Expo in downtown Hartford on June 10.
- Details and hotlinks, and many more resources, are online at [www.ChristAtWork.org](http://www.ChristAtWork.org).