

ENERGY AND ENTHUSIASM

TWO KEYS TO BEING A LEADER



Do you like hanging out with OR playing sports with people who's energy STINKS and have ZERO enthusiasm?

YES NO

Do I want to be known as a negative, unenthusiastic, low energy person?

YES NO

When you have good, positive energy, you typically feel and perform better.

TRUE FALSE

Sometimes you HOLD BACK enthusiasm to match the enthusiasm of others around you. (if they aren't enthusiastic, YOU aren't either)

TRUE FALSE

Energy and enthusiasm are the two secret keys that unlock FULL potential in every area of life

3 STEPS TO MORE E&E

Step 1

What holds me back from being more energetic and enthusiastic? Fear of what others think? Laziness?

Step 2

What do I need to DO to GENERATE more energy and enthusiasm? (Knowing I must DO before I HAVE)

Step 3

If I have more positive and consistently high energy, and show genuine enthusiasm for life, what will the result be?