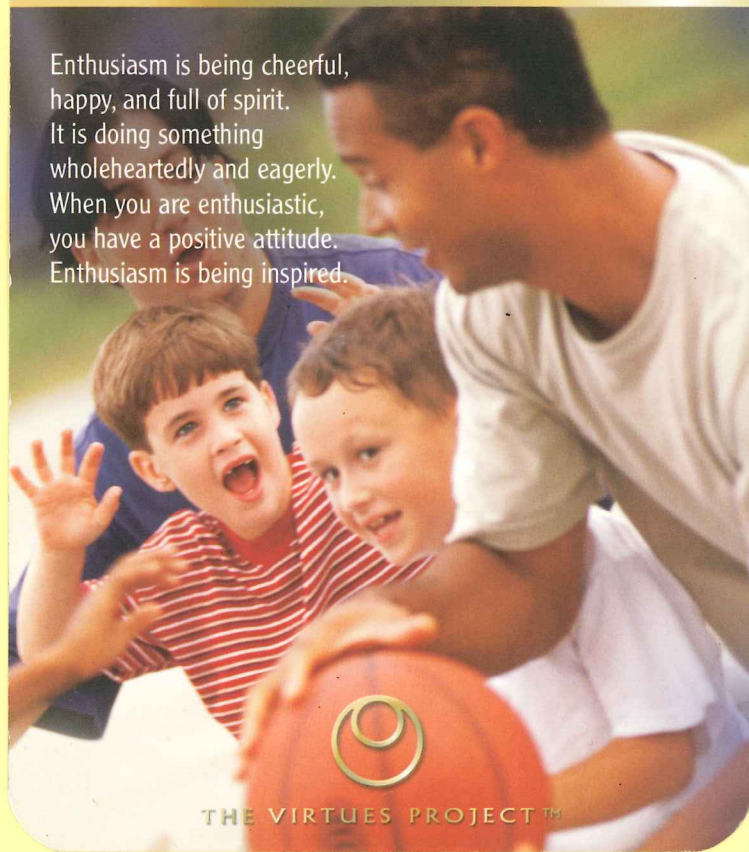


# Enthusiasm

Enthusiasm is being cheerful,  
happy, and full of spirit.  
It is doing something  
wholeheartedly and eagerly.  
When you are enthusiastic,  
you have a positive attitude.  
Enthusiasm is being inspired.



THE VIRTUES PROJECT™

You are practicing

# Enthusiasm

when you...

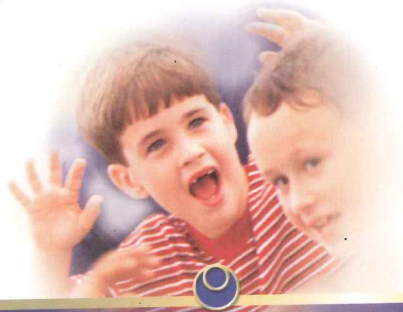
- Smile, laugh and enjoy what you do
- Look forward to something eagerly
- Have a positive attitude
- Do things wholeheartedly
- Look on the bright side
- Are inspired by the wonders of life

## Affirmation

*I am full of enthusiasm.*

*I give 100% to whatever I do. I use my imagination.*

*I am open to the wonders in store for me today.*



© 2002 Virtues Project International Inc. All rights reserved. [www.virtuesproject.com](http://www.virtuesproject.com)