



E Is for Enthusiasm

Enthusiasm is the passion you feel when doing something you enjoy. Sometimes you may not be excited about doing a certain task, but you can still do it with enthusiasm. You do this by choosing to put your energy into the task, rather than doing it without caring. Having enthusiasm makes what you do more enjoyable.

Enthusiasm is when you face your days with excitement and joy.

Put it into action:

When you work on a project or learn something new, give it your best effort. Put your whole mind and heart into it. That's how enthusiasm grows!

