

# Enthusiasm

January 2023 Newsletter

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## Happy 2023

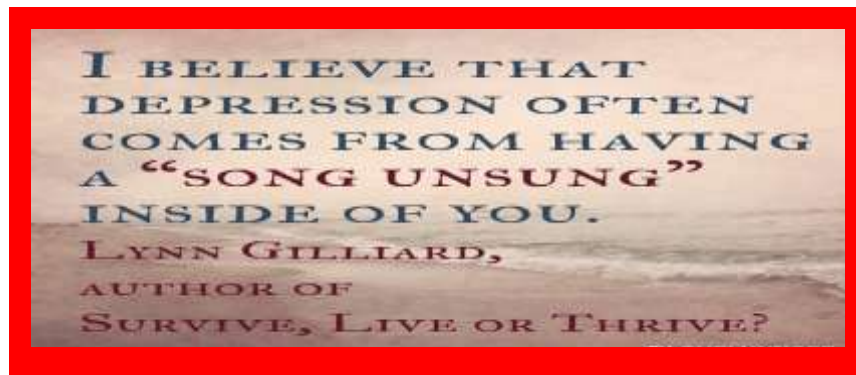
New beginnings create opportunity for hope and optimism. We often start the new year filled with eagerness and joy and that gives us the energy to make changes and blaze new trails.

The initial enthusiasm accompanying new beginnings frequently fades as we encounter problems that cause us to get stuck and feel defeated.

**“A winner is just a loser who tried one more time.”**

If you focus on what inspires you about what you are doing, you will want to finish the task instead of wanting to finish the day. Enthusiasm is contagious.

When we surround ourselves with enthusiastic people, we can't help feeling it too. Everything seems to be more fun and easier to achieve.



It is easy to give up and complain when the going gets tough. Try staying enthusiastic and focus on what inspires you about the situation, then feel how your positive drive helps you to push through the negative reaction.

By deciding not to give up, you are one step closer to becoming stronger and turning obstacles into opportunities.

Use this 4-step fix when the way ahead seems impossible and you feel like giving up.

1. **Focus on what you have achieved so far**
2. **Visualize a positive outcome**
3. **Stay with the task and a solution will appear**
4. **Enlist the support of an enthusiastic friend to help find a solution**

The theme this month is all about being enthusiastic and using that energy to help you to keep going in times of difficulty and doubt.

It can help to remember that your fears are unlikely to happen and using your energy on needless worry is stressful and draining.

Imagine the worst that could happen and challenge it!

What could you do if it did happen?

Unleash the hero within and start 2023 with energy and enthusiasm.

**“Never fear the shadows they simply mean there's a light shining somewhere near.”**

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