



DARE to Succeed

Diligence - Persevering determination to perform a task.

Attitude - Positive mental state involving beliefs and feelings and values.

Respect - Courteous expression of esteem or regard.

Enthusiasm - Feeling of excitement, to be inspired, love what you do.

Enthusiasm: Source or cause of great excitement or energy

The word 'enthusiasm' comes from Greek and means God within (entheos). It refers to a power inside us that generates excitement and energy for a cause, or objective.

Ralph Waldo Emerson stated that **"Nothing great was ever achieved without enthusiasm."** Enthusiasm may even be one of the most essential ingredients to life long success. While enthusiasm begins in the mind, it can have a profound effect on the physical body as well. The pitch of your voice, your heart rate, even your posture, and most of all your energy level changes when you are filled with enthusiasm.

In addition, people around you can detect it and will be affected too. Enthusiasm is contagious. An enthusiastic person is just more enjoyable to be around. Enthusiasm is the highest level of energy you can experience. It is felt by anyone who discovers their life's passion, their reason for being or their mission on this planet. Discovering your passion is the first step toward enthusiasm.

Begin by identifying your passion and your mission and then you have to get serious about implementing them in your life. We're in short supply of people who care, and in short supply of what makes life fun, interesting and expanding.

But YOU can do something about this lack of supply. You can change the game. Do what you love, love what you do. Choose to be the better person in everything you do. Choose to laugh harder, smile more, exercise stronger, walk with confidence and talk with interest. Add value to everything you do and you will add value to the world. Move yourself and move the people around you. We challenge you to **be someone who makes a difference simply by being themselves.**

When you find a subject or cause that produces excitement inside, it makes you feel empowered, and able to do just about anything you can imagine. In fact, the enthusiasm itself can enable you to do it exceedingly well, whatever the subject may be.

- **Remove negative influences** - Stay clear of people who are dragging you down and start living it up!
- **BE positive!** - Look on the bright side of life! Hang out with positive people!
- **Set goals and stay focused on them** - Fulfilling your dream is your priority and your guideline for every decision you make. Don't waste time on unimportant details. You don't have to know everything before you can get started, and you don't have to resolve everything before you can move on.
- **Stay balanced** - Find your balance: eat good food, maintain positive thoughts, listen to music you enjoy... Take care of yourself.
- **Be Grateful** - Stop focusing on what is lacking in your life. Instead focus on what you do have. Be grateful and say thank you to those around you. Look at what you already have right now: what do you already possess, who already loves you, what skills do you have already? Express gratitude for these, and more of it will come to you. Focus on what you want and don't focus on what you don't want. The best way to receive more of what you want, is to be sincerely grateful for what you have already.
- **Learn to give** - Share your enthusiasm and energy!
- **Learn to say no** - Pay attention to what activities you spend your time and energy on, separate the wheat from the chaff and break radically with everything that eats up your precious time without offering something in return!
- **Start with yourself** - Is this being egotistic? No, this is called self-love. Stop trying to solve somebody else's problems, but rather concentrate on your own goal and keep moving forward! You are not responsible for them! But you are responsible for yourself!

What are you passionate about? _____

What do you want to achieve in the area/subject you list above?

How does your level of enthusiasm for swimming affect your swimming results?

