

Enthusiasm

The more
you use
them....

....the
stronger
they get!



Things we are enthusiastic about:

singing
football
playing in the snow
horse riding
running races
dancing
gymnastics
reading
playing piano
chickens
gardening
pets
skateboarding
swimming
doing jobs for my mum
everything

Enthusiasm can be infectious!



Without enthusiasm, our every day ups and downs are a barrier....'can't do it', 'not fair', 'why do people always tell me what to do'! But with enthusiasm as a character strength, we approach life with confidence, thriving on challenge and knowing that even mountains can be climbed!