



Maintaining the Enthusiasm to Succeed Despite Struggles

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It's a piece of cake to maintain your enthusiasm when everything's peachy. But when challenges arise, it can become increasingly difficult. It's best to ***be prepared for bumps in the road just because you're bound to hit them from time to time*** as you go through life.

The best thing you can do is work on your skills to boost and maintain your enthusiasm. It's such an important skill to have because ***it's your driving force that strengthens your will to succeed.***

The following tips can help you sustain your enthusiasm:

- 1. Picture the resolution.** Visualizing yourself overcoming your challenge can provide you with a ray of sunshine while you're dealing with the storm. Avoid getting caught up in the struggle itself, or your mind will get used to a negative pattern of thinking.
 - When you keep your mind on success, or at least getting through the current struggle, you can then make a clear plan to get you back on the road to achievement.
- 2. Minimize stress.** Make an active effort to reduce your stress. ***Stress can cause you to dwell on your struggles.*** If you're too focused on your struggles, you'll have more trouble getting out of them, which could put a damper on your enthusiasm.
 - A stress-free and clear mind is more likely to lend itself to the enthusiastic person that you know you can be.
- 3. Stay focused.** Work on maintaining your focus. You'll find that it's easier to sustain enthusiasm when you always know the direction in which you're headed. Focus can help you overcome your struggle, and focus can get you to success.

4. **Keep things fresh.** If you allow your life to fall into a stagnant pattern, *that* can become a struggle in itself. Vary how you do things and take time to brainstorm new ideas. ***You can keep enthusiasm going with fresh thinking.***
5. **Avoid procrastination.** It's important to keep yourself moving. If you feel that procrastination is creeping up on you, make an active effort to get rid of it by taking action. By taking action, you can get your enthusiasm back.
6. **Keep an open mind.** Strive to keep your mind open to new ideas and new ways of doing things. ***Creative thinking is often backed by enthusiasm.*** Many great and successful people were creative thinkers with some amazingly enthusiastic attitudes.
7. **Don't sweat the little things.** When you're dealing with small setbacks and little things that get in your way, remember that these things will not matter in the long run and the grand scheme of things. Simply redirect your focus back to your plan and you'll find that you easily overcome these small annoyances.

Remember, the greatest feeling of success comes from conquering great struggles. When you have a lot of obstacles to overcome on your way to the finish line, you'll feel a tenfold increase in pride and satisfaction when you achieve your success. After all, your success will be oh-so-much sweeter!

So when times are tough, use these tips to help you maintain your enthusiasm so you can stay strong and focused on your way to greatness.