

## **Positive Attitude**

A lot of people ask me, what are the most important qualities a person needs to succeed. Of course, before all, it is important to emphasize that success is always a collection of quite a few qualities, but if I am required to map one of the most important things a person can and should acquire for himself, then I will certainly choose optimism and enthusiasm. I am deliberately talking about these two qualities together and not individually because I see them in one perception. In other words, an optimistic person has the ability to be enthusiastic. Enthusiasm is just as important as optimism, for any purpose you want to do in your life; starting a business, finding a relationship and establishing a family, especially in relationships and certainly in education.

There are a few studies that study depression, optimism and pessimism. Most studies point out that in addition to some kind of genetic inheritance or serotonin levels (a hormone responsible for happiness and mood), we have a great deal of influence on being optimistic and enthusiastic. Thanks to optimism, people have managed to survive the Holocaust, difficult wars and great disasters in their lives. I met someone recently and she was optimistic and unbelievably extraordinary in her happiness. For a whole evening we sat at the same table at dinner and there were 15 different people at that table. Some of them, were so-called successful people, also there were a few successful housewives, people totally like me and you. If you had to look at the table and observe us for a whole evening, then I would ask you who was the most optimistic and enthusiastic person on the table, no doubt you would point to her. Her energy swept us all, and her enthusiasm and happiness made us want to continue listening to her stories eagerly. At the end of the evening I went over to her and asked her where she drew the levels of optimism and enthusiasm in her life. Actually, this is an act that I always make sure to do when I see someone that I can learn from - I approach, ask and research. She told me quietly that her son had been killed five and a half years ago in a car accident and that he was the happiest and most optimistic person she knew. After recovering from the shiva, she made a vow to spread his optimism and happiness wherever she went, every hour and every day.

I didn't give you such an extreme story of optimism and enthusiasm for no reason. After all, if you could ask yourself a gift for life, you would want to be optimistic and enthusiastic in many moments in your life. A positive attitude, that is to say, optimism, is an approach that allows the human being to be enthusiastic, and enthusiasm always attracts other people. This means that if you are really excited about your work, let's say, as managers, you will be able to carry with you many of your employees more easily.

I knew a couple that the woman really loved to walk on Saturday while her husband just loved to sit at home. For years she had tried to persuade him to go for walks on Saturdays and for years their Saturdays had been passed by many arguments were she blamed him for not liking to travel. One day after our meeting about enthusiasm and optimism she decided to try another way. She decided simply to go and get him excited

about a certain place, somewhere in Galilee, and throughout that week she was all excited and kept talking about the same place in Galilee. On Saturday morning she packed their bags, gave a hand to her husband and told him "No, no, you don't understand what an amazing place this is, you have to see." And as you can imagine, with great enthusiasm they both went to the place in Galilee. The scenery was stunning and the people there were nice but at the end of the day, on the way back, the husband asked his wife, "why were you enthusiastic about this place all week, what's so special about this place than the other places?" And she replied: "So as you said, it isn't more special than the other places, it is just another place to get excited about." The moral of the story is that what caused the husband to come with her in the end is not the special place, but her endless enthusiasm that week.

And now, the assignments:

1. In the next two weeks, find three things you want to be create enthusiasm in them. Write how this enthusiasm is expressed. (In speech, in the involvement of others, and in total devotion to the matter).
2. Write conclusions after these two weeks, after your enthusiasm and optimism in your notebook and recognize what your enthusiasm responses are.