

# Enthusiasm

Brushes off upon those with whom you come in contact.  
You must truly enjoy what you are doing.

## Life Theme

### Question and Thought

How will you approach life's challenges  
weak & limp or bold & forceful?  
Create Enthusiasm from **within**  
and Bring IT!

### Truth

Experiences LIVED with great  
enthusiasm are never a LOSS!

### Execution

Enthusiasm is a choice! Choose to  
embrace the challenges of today.

### NO EXCUSES

**Go to:** [www.CoachMertz.com](http://www.CoachMertz.com)  
**Watch Video Week 6..**  
**Write thoughts on Back**

## Football Theme

### Question

Can our TEAM reach its potential without  
**ENTHUSIASM? (INSPIRED PLAY)**

### Question

**LEVEL 1** As an individual are you enthusiastic about  
the challenges football presents?  
**LEVEL 2** As a teammate do you elevate those around  
you with your enthusiasm.

### Truth

A GAME PLAYED with great enthusiasm creates intense  
battles and memorable experiences!

### Execution

You may have to force it, you may not feel it, but challenge  
your self to come off the hook with enthusiasm for 30 min...  
Try it for one practice and notice the impact on your  
teammates....

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**“TRUE SUCCESS IS BUILT ON A FOUNDATION OF CHARACTER”**

**Success** is peace of mind which is a direct result of self satisfaction in knowing you did your best to become the best that your are capable of becoming.