



ZEST/ENTHUSIASM

VIA Survey calls this strength Zest

Parent virtue: Courage. Strengths of courage involve applying will and fortitude in overcoming internal or external resistance to accomplish goals. Strengths comprised in this virtue are bravery, perseverance, integrity, and zest/enthusiasm.



WHAT DOES ZEST/ENTHUSIASM MEAN?

You approach life with excitement and energy. You energize people around you.

Zest/Enthusiasm is the ability to bring life and excitement to different situations. It often leads to a higher level of involvement and engagement both for individuals and for groups. Those who demonstrate zest and enthusiasm bring an energy and level of intensity to individual and group work. These people are often identified as early leaders and innovators as a result of their outward excitement about a task or project. Look for these people to recruit new group members and generate ideas.

People with enthusiasm and zest are happy, but this strength goes beyond happiness or pleasure. It is an activated positive energy, and associated with self-realization and autonomy. Zest is a strength that has strong connotations with both physical and mental vitality and well-being. It can be fortified through diet, exercise, mindset, and social connection.

WHY DOES IT MATTER?

For individuals, zest and enthusiasm are easily identifiable and highly desirable personality traits. We feel good when we are energized by an activity or opportunity – and we like to spend time with people who are excited about life. Those who demonstrate a high level of enthusiasm are more likely to complete tasks and exceed minimum requirements as a result of their passion.

For groups, enthusiasm and zest are can be directly tied to high levels of success, happiness, and achievement. Enthusiasm is contagious. One person’s enthusiasm can spark others to think, speak, and act with more energy and conviction. Groups that are enthusiastic about tasks are much more likely to spend longer periods of time in service to the group’s overall goals.

Individuals with this strength might be described as:

- Energetic
- Excited
- Spirited
- Animated
- Passionate
- Upbeat

Individuals with this strength are likely to think, feel, or behave in the following ways:

- I’m really excited to get started.
- It’s vital to live with passion.
- A life without passion is boring.
- You must bring enthusiasm to everything that you do.
- I’m rarely tired – and when I am, I have ways to reenergize myself.
- Let’s keep going.
- I’m very interested in working on this.
- I am energized by this opportunity.
- I love life!

QUOTES ON ZEST

“If you have zest and enthusiasm, you attract zest and enthusiasm. Life does give back in kind.”
-NORMAN VINCENT PEALE

“Each one of us has a fire in our heart for something. It’s our goal in life to find it and keep it lit.”
-MARY LOU RETTON

“Passion is energy. Feel the power that comes from focusing on what excites you.”
-OPRAH WINFREY

“Success consists of going from failure to failure without the loss of enthusiasm.”
-WINSTON CHURCHILL

“You can’t start a fire without a spark.”
-BRUCE SPRINGSTEEN

“Wherever you go, go with all your heart.”
-CONFUCIOUS