

## Zest

*Zest* is a kind of zeal or enthusiasm. If you have a zest for something, you put your whole heart and soul into it. Dancers who have great zest leap, kick, and soar their way around the stage with a kind of joyful energy.

Zest is defined as living life with a sense of excitement, anticipation and energy, and is an essential element that nurtures our soul, gives us spirit and makes us human.

Those who have zest exude this energy when approaching life, which can be truly contagious. People who live with that same kind of spice are said to have a "zest for life." In other words, they live their lives with a lot of flavour and gusto. A student who has a zest for learning dives into her books with an enjoyment

People who are high in zest are excited to get up in the morning, and they live their lives like an adventure. Zest is a dynamic strength that is directly related to physical and psychological wellness. This strength has the strongest ties to overall life satisfaction and a life of engagement.

### **Why does zest matter?**

For individuals, zest and enthusiasm are easily identifiable and highly desirable personality traits. We feel good when we are energised 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 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 in service to the group's overall goals.

### **Resources:**

*Zest – Enthusiasm character card*

What is a Zest for life and why is it important?

<https://inspiredzestforlife.com/what-is-zest-and-why-is-it-so-important/>

Five Simple Ways to Reignite Your Zest for Life When You Feel Stuck

<https://debrasmouse.com/five-simple-ways-to-reignite-your-zest-for-life-when-you-feel-stuck/>