

CONTEST CORNER



Win A Prize For Living Life With Passion

(NAPSA)—Living with passion, energy and never-quit spirit is a reward all in itself but it could also help you win a \$10,000 contest prize for yourself and \$5,000 for your favorite charity.

Leading the call for nominations for a spot in the Energizer Keep Going Hall of Fame is spokesperson and baseball great Cal Ripken, Jr. As a National Baseball Hall of Famer, Ripken, Jr. knows the kind of tenacity it takes. He's looking for people with that never-quit spirit—and getting that spirit may be easier than you imagine.

According to psychologist Kathryn Cramer, Ph.D., the best-selling co-author of "Change the Way You See Everything Through Asset-Based Thinking," the key to rising above life's challenges, gaining unstoppable energy and pursuing your passions is to become an Asset-Based Thinker.

"Asset-Based Thinking is about focusing on your strengths, your skills and your capabilities," says Cramer. "The people honored by the Keep Going Hall of Fame are certainly Asset-Based Thinkers." Here are her tips on how you can get the most out of your potential.

1. **Share your story.** Offer your story or nominate someone you know who has the never-quit personality of the Energizer Bunny in an essay of 300 words or less at www.energizer.com/halloffame. You can include a photo or video with your entry. Nominations will be accepted until March 21, 2008.

2. **Focus on the positive.** Spend five times the energy on what's right as on what's wrong.

3. **Make your passion your priority.** Live your life energized by your passions. It makes the future brighter. Side effects can include unflappable enthusiasm, confidence and an energetic presence.

4. **Forget perfection.** The pur-



If your never-quit spirit could serve as an example to others, you may want to enter a new contest and win cash prizes.

suit of perfection is not an asset, it's a liability. See yourself as a work in progress, just like everyone else.

5. **Be proactive.** Envision what's possible and what you want to achieve.

6. **Give feedback.** When people do something positive, tell them.

7. **Look at every problem as a way to learn.** Ask yourself: "How can I learn from this?" Focus more on opportunities than problems.

8. **Take inventory of what's going right.** Three times a day, think about what's going right in your life. Focus on your progress, even if it's only an inch at a time.

9. **Learn from your mistakes.** Own the mistake, move on. You'll be more productive and happier if you spend more time looking forward than agonizing over mistakes that happened in the past.

10. **Just breathe.** When something startles, surprises or scares you, your breath quickens and your heart races. Take five or six deeper breaths and you should find yourself back on track.

For more information, go to www.energizer.com/halloffame or call (800) 383-7323.