

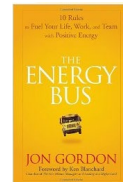
Book Club Meeting

Thursday, February 17, 2022

The Energy Bus by Jon Gordon

Where: Via Conference Call-
Conference Call Line: 1-605-313-5647
Participant Code: 896060#

Time: 7:00 - 8:00 pm



Agenda and The Ten Rules

- 1- What does being the driver of your bus mean to you?
- 2- What is the first thing you want to do to make a positive change?
- 3- What does it mean to feed the positive dog?
- 4- **Chapter 26-27** Jack gave George a list of Five Ways to Love Your Passengers:

1. Make time for them.
 2. Listen to them.
 3. Recognize them.
 4. Serve them.
 5. Bring out the best in them.

Which of these do you feel you do the best with? Which of these is toughest for you?

- 5- Favorite quote?

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10 Rules to Fuel Your Life, Work, and Team with Positive Energy

Here are some lessons learned:

- **Rule #1 – “You’re the driver of your bus”** – It’s all about personal responsibility. We are each responsible for the direction of our lives. And the direction of our lives is shaped by each day, each thought. If we are complacent in our lives we let others drive for us. Have you ever felt out of control? Well, it’s time to take charge and drive your own bus. In my experience, the realization that my efforts now can reap big rewards in the future are very empowering.
- **Rule #2 – “Desire, Vision, and Focus Move Your Bus in the Right Direction”** – You have to want it! You have to have a vision, have a compelling reason to keep you moving and the focus to keep to it. Each action must be in the direction of your goal, and you must have the persistence to overcome the obstacles that can easily get you off track.
- **Rule #3 – “Fuel Your Ride with Positive Energy”** – Positive energy is the fuel that allows you to overcome the obstacles. Positive energy is high octane fuel and negative energy is gas from the bottom of last years can. Positive energy builds momentum and a negative attitude seems to find roadblocks and excuses.
- **Rule #4 – “Invite People on Your Bus and Share Your Vision for the Road Ahead”** – Associating with people who push you forward is one of the smartest things you can do. You are either moving forward or moving back. If the people you work with or associate with are stagnant, then you need to break free. If you don’t you’re wearing an invisible rubber belt, eventually you will snap back to the pack and lose your momentum. Having negative, going nowhere friends is like having a weekly weight watcher meeting at The Country Buffet.
- **Rule #5- Don’t Waste Your Energy on those who don’t get on your Bus.**
- **Rule #6- Post a Sign that says “No Energy Vampires Allowed” on your Bus.**
- **Rule #7 – “Enthusiasm Attracts More Passengers and Energizes Them During the Ride”** – People want to associate with a winner. In professional and college sports it seems that the same teams are at or near the top year after year. Players recognize a good culture and want to be a part of it. The same can be said of work teams and companies. It’s not all about the money.
- **Rule #8 – “Love Your Passengers”** – You can’t fake it. In order to lead people or attract people to your cause you have to care for them. And not in an ambivalent way. You must really be tied to the wellbeing of your team. Love cannot be selfish. As a leader you must want the best for your team members. Back to sports: time and time again you see a team

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of superior athletes being beat by a true team made up of individuals who would do anything for their team and teammates. The trick is to cultivate that love.

- **Rule #9 – Drive with Purpose.**
- **Rule #10 – “Have Fun and Enjoy the Ride”** – When work is fun you don’t get tired. Do you ever remember getting tired when you were playing as a kid? I don’t either. It never even came to mind. [The Energy Bus PDF Summary - Jon Gordon | 12min Blog](#)
- [What I Learned From The Energy Bus – PositiveTrajectory.com](#)

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