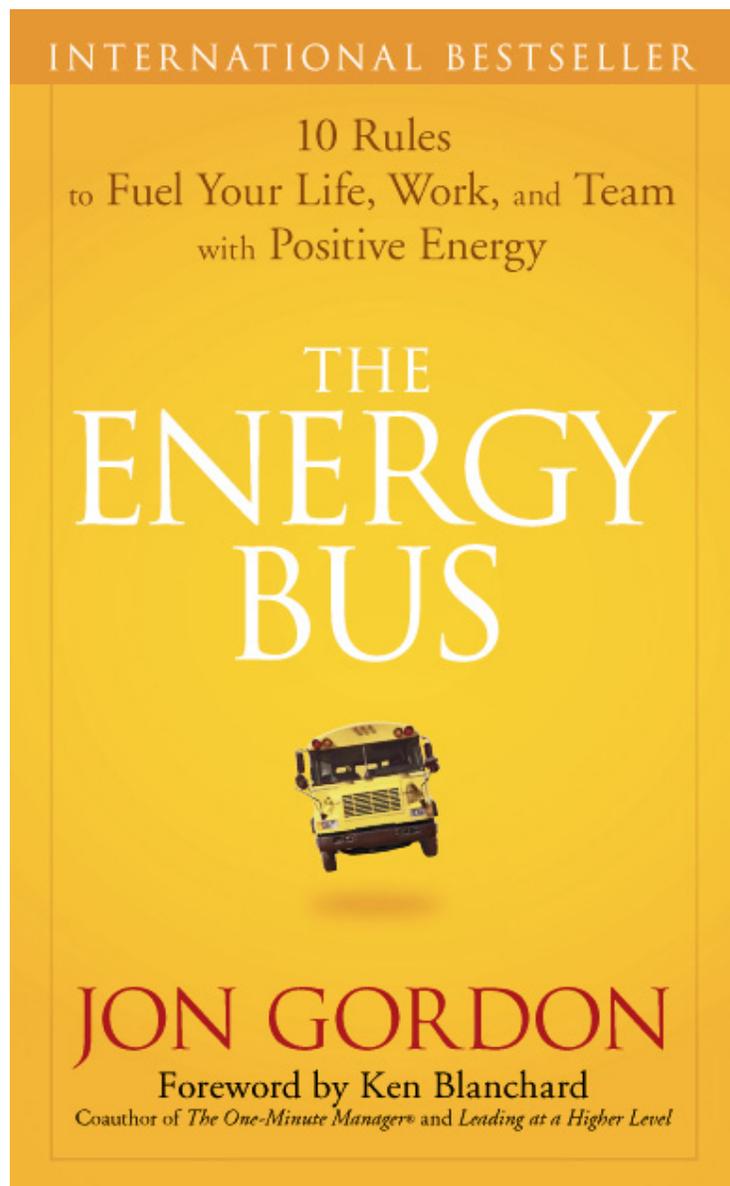
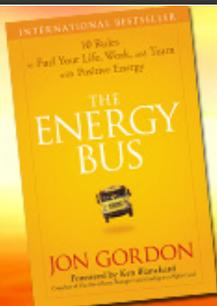


***The Energy Bus:
10 Rules to Fuel your Life, Work
and Team with Positive Energy***

Discussion Guide





Fuel Your Life, Work and Team with Positive Energy

Lesson 1

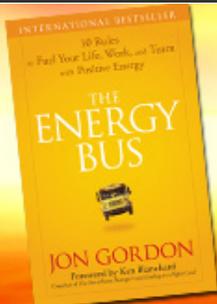
Recap

Read the book before the beginning of Week 1. Discuss a few or all of the following questions.

- Who do you identify most with in the book, Joy or George? Why?
- How did you feel after reading this book?
- What was the main message that you drew from the book?
- Has reading this book changed the way you think about life and work?
- Can you recall a time when everything in your life seemed to be falling apart? What did it feel like? What turned it around?
- Do you think Positive Energy is important? Why or Why not?
- Do you believe that everything happens for a reason? Why or Why not?
- What was your favorite rule in the book?

The Big Questions:

What does being the driver of the bus mean to you? Are you ready to be the driver and take the wheel? What's the first thing you want to do to make a positive change?



Fuel Your Life, Work and Team with Positive Energy

Lesson 2

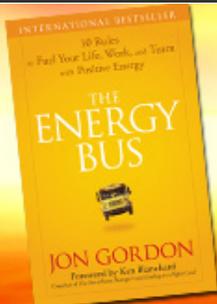
Vision and Zoom Focus

Have a volunteer read page 31 then discuss the following questions.

- Just as George wrote down his vision for the road ahead, now it's time for you to write down your vision. What is your vision for your life, career and relationship (family)? On a separate sheet of paper write your vision for your life which also includes your health. Then write your vision for your career. Next write down your vision for your relationship and family.
- Now, share any or all of your visions with your group members? Of course only share what you are comfortable sharing. Note that by sharing your vision you make it even more powerful.
- What did you learn from hearing others describe their visions?
- Are there any changes you want to make to the visions you wrote earlier?
- Do you believe that writing down your vision and goals helps you attain them? Why? Why not?
- Now think about specific, attainable goals and ask yourself what goals you would have to achieve to make your vision a reality.
- Write these goals down.
- Next, identify the action steps necessary to achieve the goals that will make your vision a reality. This process is called Zoom Focus.
- Write down these action steps.
- Discuss your goals and actions steps with your group members.

The Big Questions:

Can I envision a better outcome for myself and my team? What will it take for me to make my vision a reality? Am I committed to taking action? Why or why not?



Fuel Your Life, Work and Team with Positive Energy

Lesson 3

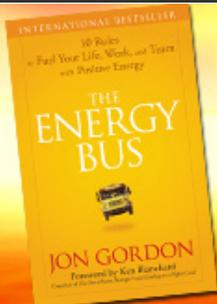
Fear or Trust

Have a volunteer read pages 127-28 then discuss the following questions.

- In the book, George was able to overcome his fear and self doubt. How do you think he did this? Is this something you believe you can do too? Why or Why not?
- Can you recall a time when you trusted and the situation worked itself out? What happened?
- Have you ever let fear stop you from doing something you always wanted to do? What was it? Do you regret not doing it?
- Do you agree that positive people are happier and more successful? Why or why not?
- Have you ever turned around a negative situation with a positive attitude? What happened?
- If you could overcome your biggest fear what action would you take today to improve your life.
- In the book Joy talked about the formula $E+P=O$. What does this formula mean to you?
- Can you recall a time in your life when your positive energy determined a specific outcome in your life. How did positive energy make the difference?
- In the book Joy talked about feeding the positive dog instead of the negative dog. Do you believe that we have a choice between positive energy and negative energy?

The Big Questions:

How do you feed the positive dog in your life and work? How do you feed the negative dog?



Fuel Your Life, Work and Team with Positive Energy

Lesson 4

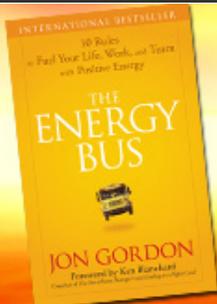
Energy Vampires

Have a volunteer read page 73 then discuss the following questions.

- What is an energy vampire?
- When facing a negative person or situation how do you choose positive energy instead? Is it difficult?
- Why do you think more people aren't more positive?
- Should you let energy vampires off your bus? Why or why not? How would you do this?
- Is it possible to transform an energy vampire into a positive passenger?
- What should you do if a negative person in your life or at work is not willing to change?
- Think about the biggest energy vampires in your life. Then ask yourself why they bother you so much. What can you learn from them?

The Big Questions:

List three to five energy vampires who are currently on your bus. Decide how you are going to handle them and take action.



Fuel Your Life, Work and Team with Positive Energy

Lesson 5

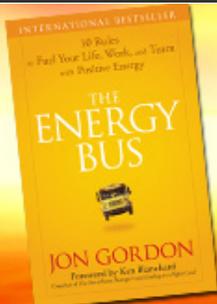
Invite People on your Bus

Visit www.TheEnergyBus.com and send someone a bus ticket. Discuss the following questions.

- In the book George was encouraged to hand out bus tickets and invite his employees on his bus. Why do you think it's important to surround yourself with positive people?
- Think about your life. Is your bus filled with people who support you or are they negatively impacting your ride?
- Is teamwork important to your success? Why or Why not?
- What actions could you take to fill your bus with positive supportive people?
- In the book Joy told George the importance of enthusiasm. Do you think enthusiasm is important for a successful, happy life? Why or why not?
- Do believe that some people are more enthusiastic than others? Why? What causes someone to be enthusiastic?
- What are you enthusiastic about? Why?
- Do you believe you can be more enthusiastic about life and work? How?
- What should you do if you invite people on your bus and some people don't get on your bus?

The Big Questions:

Who needs to be on your bus? Make a list of five colleagues and/or clients that you want to invite on your bus. Then invite them on your bus by sending them bus tickets via www.TheEnergyBus.com.



Fuel Your Life, Work and Team with Positive Energy

Lesson 6

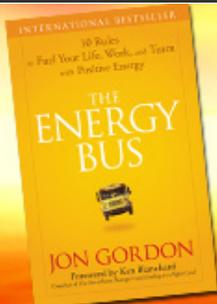
Drive with Purpose

Have a volunteer read pages 131-133 then discuss the following questions.

- In *The Energy Bus*, Joy encourages George and his team to find their bigger and deeper purpose in the work they do every day. Why do you think she does this?
- Have you ever met a person who was living their purpose that had low energy?
- Why do you think purpose driven people are full of life and energy?
- What does living with purpose mean to you? Where does purpose come from?
- Do you believe we are all born with a bigger and specific purpose? Why or why not?
- Do you consider yourself a purpose driven person? Are you living your purpose?
- If not, what are some things you can do to start living with more purpose?
- Do you think life is more meaningful for those who live with purpose?

The Big Questions:

- Have you often wondered what your purpose is? Can you find a bigger purpose in the work you do each day?
- Write down three things you can do to serve others and make the world a better place. Purpose is found in service. Then, just as George and his team at the NRG company wrote their purpose statement, write a purpose statement for your life, work and team. Ask yourself how you can bring more spirit and purpose into your work.



Fuel Your Life, Work and Team with Positive Energy

Lesson 7

Love your Passengers

Have a volunteer read pages 122-124 then discuss the following questions.

- In *The Energy Bus* Joy talked about the importance of loving your passengers. What does it mean to love your passengers?
- Who are your passengers? Why is it important to love them?
- Is it possible for love and the business world to co-exist? Why or why not?
- Is love really the answer or is it just idealistic wishful thinking that doesn't exist?
- Do you believe that the more love you put out the more it comes back to you. Have you ever seen this work in real life? When? How?
- Does love enhance the productivity and performance of your team?

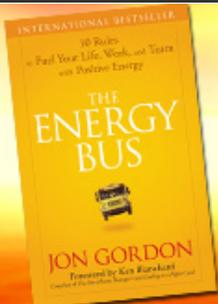
The Big Questions:

Who needs to know that you care about them?

Ask the following questions

- How can I recognize them?
- How can I spend valuable time with them?
- How can I better listen to them?
- How can I serve them and their growth?
- How can I bring out the best in them?
- How can I energize their strengths to better themselves and the team?

Continue to next page for tools and resources...



**Fuel Your Life, Work and Team
with Positive Energy**

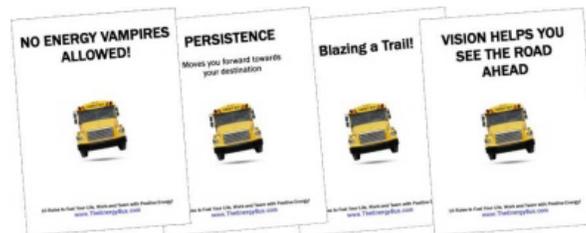
**GET
ON THE
BUS**

Visit www.TheEnergyBus.com
For free Energy Bus Tools & Resources

Invite Someone on Your Bus with an Energy Bus e-Ticket



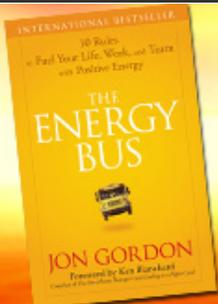
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Get Your Team on "The Bus" – Keynotes & Training



Continued on next page...



Fuel Your Life, Work and Team with Positive Energy

Download the 10 Rules Poster

10 RULES FOR THE RIDE OF YOUR LIFE

1. You're the Driver of the Bus.
2. Desire, Vision and Focus move your bus in the right direction.
3. Fuel your Ride with Positive Energy.
4. Invite People on Your Bus and Share your Vision for the Road Ahead.
5. Don't Waste Your Energy on those who don't get on your Bus.
6. Post a Sign that says "No Energy Vampires Allowed" on your Bus.
7. Enthusiasm attracts more Passengers and Energizes them during the Ride.
8. Love your Passengers.
9. Drive with Purpose.
10. Have Fun and Enjoy the Ride.



10 Rules to Fuel Your Life, Work and Team with Positive Energy!
www.TheEnergyBus.com

Sign up for Jon's Free Positive Tip Weekly Newsletter at:
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Books by Jon Gordon

