



# The Energy Bus Workshop

Based On The International Best Seller  
The Energy Bus  
By Jon Gordon

Developed By Jon Gordon  
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# The Man! Jon Gorden



# Energy Warm Up

- Greet the person next to you as if they were unimportant to you

“If your energy is as boundless as your ambition, total commitment may be a way of life you should seriously consider.”

-Dr. Joyce Brothers



# Energy Warm Up

This little example is why I'm excited to be here today working with you.

Every morning you have a choice. Are you going to be a positive, energetic thinker, or a negative thinker with little or not energy?

Positive thinking will energize you.



# Setting The Stage For Our Fable

*“It’s Monday morning and George walks out the front door to his car and a flat tire. But this is the least of his problems. His home life is in shambles and his team at work is in disarray.*

*With a big new product launch coming up in 2 weeks for the NRG-2000 he has to find a way to get it together or risk losing his marriage and job.*

*Forced to take the bus to work, George meets a unique kind of bus driver and an interesting set of characters (passengers) that over the course of 2 weeks share the 10 rules for the ride of his life... and attempt to help him turn around his work and team and save his job and marriage from an almost inevitable destruction.”*



# Setting The Stage For Our Fable

*George has just found out that he has to take the bus for two weeks due to mechanical problems, and parts on order. He is about to learn about “The Rules”. Let's listen in.*



## About Joy the bus driver

- Appears bright, cheery, has problems like everyone else
- She made a choice to be positive and to be a positive influence on others
- You have to have self-respect and self-love before you can respect and love others



# The Rules



George learns - "Everything is not always as it seems."  
Everyone has challenges, problems.





# 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](http://www.TheEnergyBus.com)



# Rule # 1: You're The Driver Of Your Bus



“Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma — which is living with the results of other people’s thinking. Don’t let the noise of others’ opinions drown out your own inner voice. And most importantly, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary

Steve Jobs  
Graduation Speech  
Stanford 2005



# Rule # 1: You Are The Driver

- It's your bus, your trip – **Most Important**
  - Problem today – think they have no Say
    - 9AM Stat
  - **You have to have a vision**
    - Do you know where you want to go?
    - Seems like a Simple Question
- TAKE THE WHEEL – Create a Vision**



# What Is Your Vision?

*First decide what you want. Then you can start creating it.*

## *Driving a Car*

- My vision for my life (including my health) is:
- My vision for my work, career, job and team is
- My vision for my relationship and family is

Record



# Action Steps

- Detail: My vision for my work/Career is:
- 

Record



## Record

## Action Steps

- A. Assess: What am I doing today that pushes me towards my vision/goals?
- B. Accountability: What steps can I take each day for the next seven days to ensure my bus stays on the right road?
- C. Accountability: What one step will I take every day for the rest of my life to ensure I am always the driver of my bus?



# Reflection

- Now **share** any or all of your vision for work with elbow partner.
- What did you learn from hearing others describe their visions?
- Do you believe that writing down your vision and goals helps you attain them?



## More Reflection

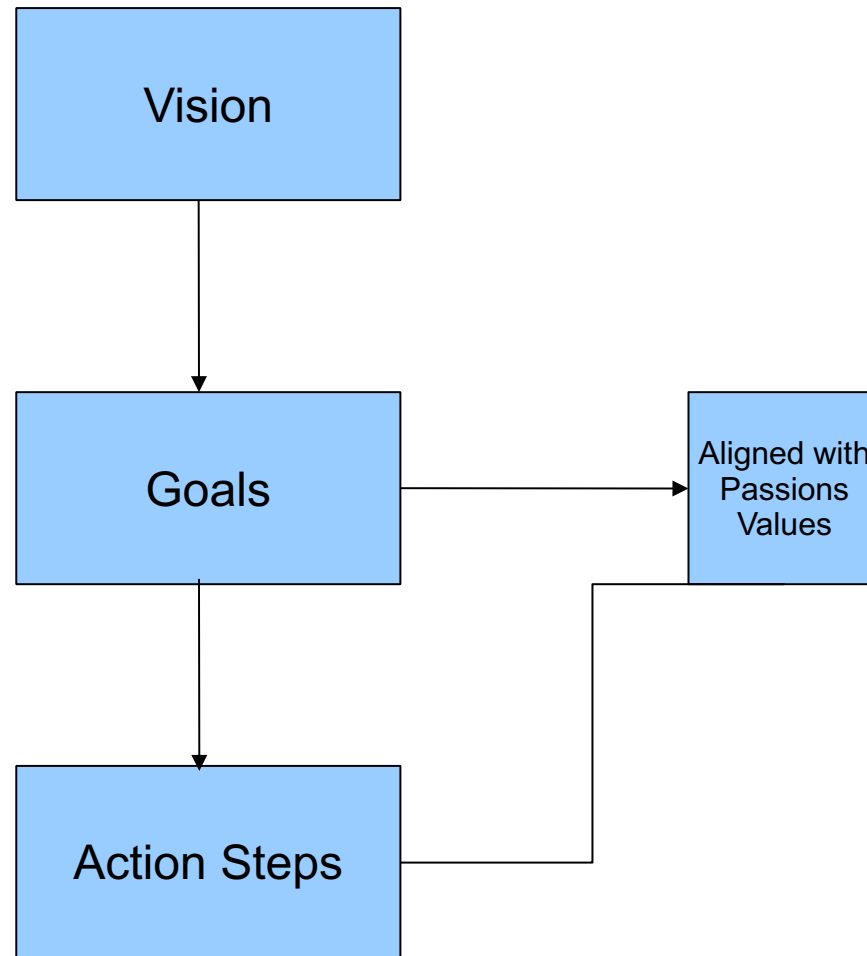
- What did you learn from hearing others describe their visions?
- Are there any changes you want to make to the visions you wrote earlier?
- Do you believe that writing down your vision and goals helps you attain them? Why? Why not?





# Road-map

What Goals are key for Vision to succeed?



Strategic Plan for each area

- My vision for my life (including my health)

- My vision for my work, career, job

- My vision for my relationships



## Rule # 2:

- Desire, Vision, and Focus Move Your Bus In The Right Direction

You are behind the Wheel

Move forward = Positive Steering



**= Thoughts & Vision**  
**(Desire – Vision – Focus)**

“The more you see it, the more likely it will happen.”



# Desire, Vision, & Focus Move Your Bus In The Right Direction

- Let's look at Webster's definition for each:
  - **Desire:** “To wish or long for, want.”
  - **Vision:** “The power of seeing; foresight.”
  - **Focus:** “Adjustment of lens difference for clear image. To concentrate.”

## Feed the Positive



# Law of Attraction

- Focus on Vision 10 min a day
- New Car
- Thoughts are magnetic

Are you a Whiner or a Winner?



# Rule # 3

## Fuel Your Ride With Positive Energy

- $E + P = O$
- Events + Positive Energy = Outcome



# Rule # 3

## Fuel Your Ride With Positive Energy

*“Desire, vision and focus help you turn your bus in the right direction but positive energy is necessary to take you where you want to go.”*

Not a Bus but a Car!

Not just any car, the car of your dreams



# Fuel Your Ride With Positive Energy

Your thoughts are your fuel.



Key component - how your ride goes

The kind of fuel you choose



# Fuel Your Ride With Positive Energy

- A choice?
  - Yes, you've really got a choice.
  - You cannot control the events that happen around you, but you do have a choice in how you respond to them.

Remember the formula **E + P = O**

Events + Positive Energy = Outcome





# Fuel Your Ride With Positive Energy

- In our story, George began his journey with a flat tire that led to the discovery of a brake defect. The mechanic at the service center told George he was lucky the problem hadn't led to an accident.



# Fuel Your Ride With Positive Energy

- Further into the story, **George beings to realize that he has the power to change his perception or response** to the events around him, giving him totally different outcomes.



**When we perceive our challenging events as blessings in disguise, we control our reaction to the event as well as the outcome.**

**ISAL - BF**



# Fuel Your Ride With Positive Energy

Positive energy becomes second nature



- So what is positive energy? How can you get it? Here are some examples:
  - Smile
  - Gratitude Walk -
  - **Dabo Sweeney -**
  - Encourage others
  - Make a Difference
  - Commend others
  - Turn Neg thought to a Pos one
  - **Attitude BY Charles Swindoll**
  - **Nancy Lopez**

**ATTITUDE DETERMINES ALTITUDE**



# Leeza Gibbons

I believe in the power of thinking positive.  
Why? Because it works.

Don't focus on the C.R.A.P. –

Criticism

Resistance

Antagonism

Pressure

- **Optimism**



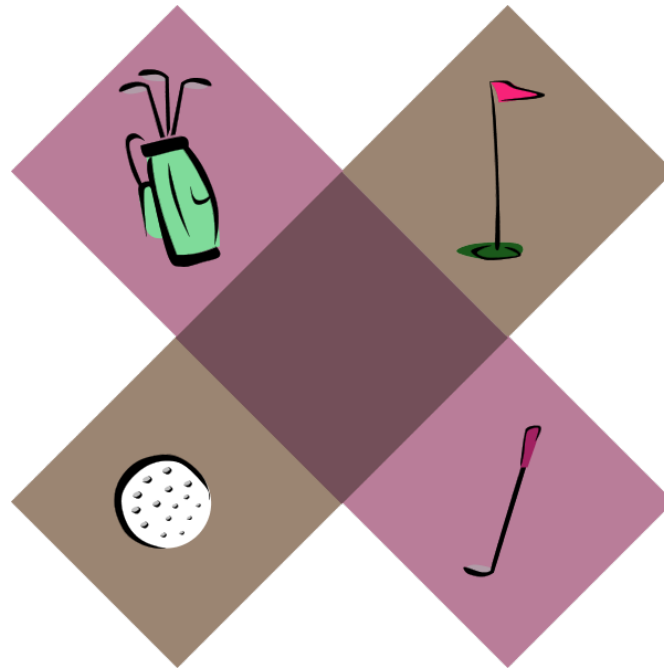
# Action Steps

- Identify the three things you are most thankful right now
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- Later today - Take a 10 minute thank you walk, think about the three things and more.



# One Great Golf Shot Theory

- Remember and focus on the one great shot
- That feeling makes them want to play again



# What we do

- At the end of each day we think about your day.
- What mistakes did you make?
- What do you wish you would have done differently?



# One Great Golf Shot Theory

- Contrast that to life
  - We go to bed thinking about all the things that went wrong,
  - Instead Apply Golf Shot Theory





# Should Do

Think about what you did right.

- What were your successes for the day?
- Who did you inspire?
- What did you do that you are proud of?
- End your day on a successful note and you'll look forward to creating more success tomorrow.



# Rule # 4

## Invite People On Your Bus & Share Your Vision For The Road Ahead

- . Important you ask the right on your bus?**

Who are the people who are vital to your journey?

- . Clearly communicate & share your vision for the road**

- . Think about the people**

Who create your energy and those who drain you –

**John Wooden**

- . Key to getting them on your bus –**

Sharing vision & inviting them.



## Rule # 4

# Invite People On Your Bus & Share Your Vision For The Road Ahead

- **Action Steps:**

- **Identify:** Think about your vision from Rule # 1 (Where Am I Going?)

- identify the people who you want to help you on this journey.

- Write the names of these people.



## Rule #5

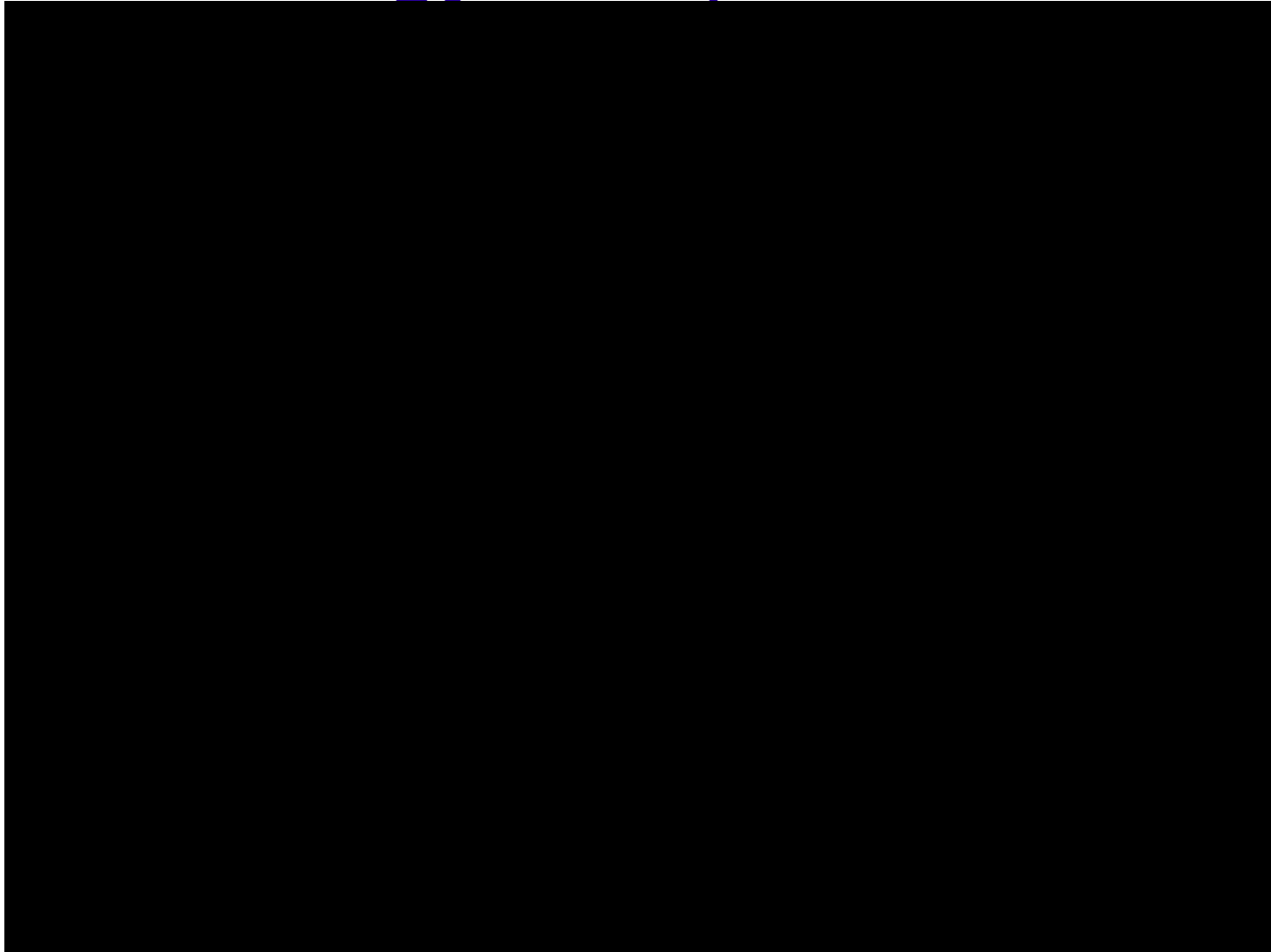
Don't waste your energy on those  
who don't want to get on your bus

Your + > Anyone's ---



# Rule #6

## No Energy Vampires allowed



# Rule #7

Enthusiasm Attract More Passengers and  
Energizes Them During the Ride

Be the **CEO**

**Chief Energy Officer**

*Enthos = inspired*



Positivity Muscle

Are you the CEO (Chief Energy Officer) of your bus?

What actions do you or should you take to be the CEO of your bus?



# Rule #8

## Love your passengers

Maxwell Quote

### 5 Ways to love your passengers

1. Time
2. Listen
3. Recognize
4. Serve
5. Best in them

How will you love your passengers?



# Rule #9

## Drive with Purpose

w/out we get tired and bored

LBJ – NASA janitor Story



**MY WHY**



What is your purpose (your WHY)?





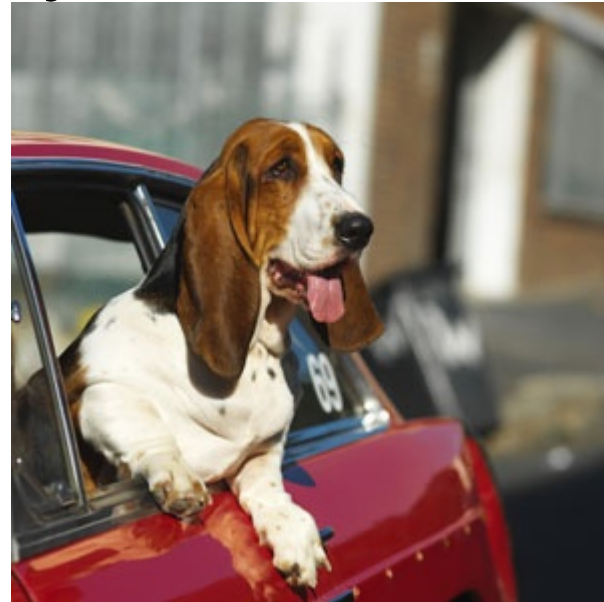
# Rule #10

## Have fun and enjoy the ride

Life is TOO SHORT

Don't be blind to the beauty of the scenery

Final Destination



What can you do to make sure you “Have  
FUN & ENJOY the ride”?



# Star Fish Story

