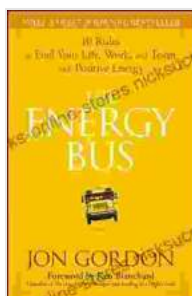


10 Rules to Fuel Your Life, Work, and Team with Positive Energy

In his latest book, Positive Energy, Jon Gordon shares 10 rules to help you ignite your energy, inspire your team, and achieve extraordinary results.



The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy (Jon Gordon) by Jon Gordon

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1066 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 197 pages
Lending	: Enabled



These rules are based on Gordon's own experiences as a coach, speaker, and author. He has seen firsthand how positive energy can transform individuals, teams, and organizations.

When you have positive energy, you are more:

- Motivated
- Productive
- Creative

- Resilient
- Successful

On the other hand, when you have negative energy, you are more likely to be:

- Unmotivated
- Unproductive
- Uncreative
- Unresilient
- Unsuccessful

The good news is that you can choose to have positive energy. It is not something that you are born with or that you cannot control. You can learn to cultivate positive energy through your thoughts, words, and actions.

Gordon's 10 rules for positive energy are a great place to start.

Rule 1: Be grateful

Gratitude is one of the most powerful positive emotions that you can experience. When you are grateful, you focus on the good things in your life. This helps to shift your mindset from negative to positive.

There are many ways to practice gratitude. You can keep a gratitude journal, write thank-you notes, or simply take a few minutes each day to reflect on the things that you are grateful for.

Rule 2: Be positive

Your thoughts have a powerful impact on your energy. If you focus on negative thoughts, you will have negative energy. If you focus on positive thoughts, you will have positive energy.

It is not always easy to be positive, but it is important to make an effort. Try to focus on the good things in your life, and try to see the positive side of every situation.

Rule 3: Be kind

Kindness is another powerful positive emotion. When you are kind, you make others feel good. This helps to create a positive ripple effect.

There are many ways to be kind. You can hold the door open for someone, give a compliment, or simply smile at a stranger.

Rule 4: Be compassionate

Compassion is the ability to understand and share the feelings of another person. When you are compassionate, you are able to see the world from someone else's perspective.

Compassion is a powerful force for good. It can help to break down barriers, build bridges, and create a more peaceful world.

Rule 5: Be forgiving

Forgiveness is the act of letting go of anger and resentment. When you forgive, you free yourself from the past and open yourself up to the future.

Forgiveness is not always easy, but it is worth it. When you forgive, you will feel lighter, happier, and more at peace.

Rule 6: Be authentic

Authenticity is the quality of being true to yourself. When you are authentic, you are not trying to be someone that you are not.

Authenticity is important because it allows you to live a life that is true to your values and your purpose. When you are authentic, you are more likely to be happy and successful.

Rule 7: Be vulnerable

Vulnerability is the ability to share your true feelings and emotions. When you are vulnerable, you are open to being hurt. However, vulnerability is also a sign of strength.

When you are vulnerable, you are more likely to connect with others and build strong relationships. Vulnerability is also essential for personal growth.

Rule 8: Be hopeful

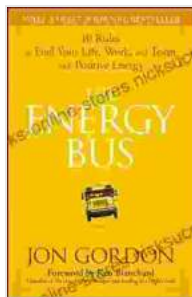
Hope is the belief that the future will be better than the present. When you are hopeful, you are more likely to take action and achieve your goals.

Hope is a powerful force for good. It can help you to overcome obstacles, persevere through challenges, and create a better future for yourself and for others.

Rule 9: Be resilient

Resilience is the ability to bounce back from setbacks and adversity. When you are resilient, you do not give up. You keep going, even when things are tough.

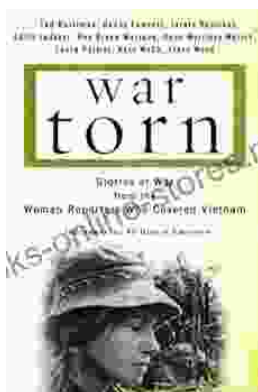
Resilience is a valuable trait



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