

APRIL BOOK OF THE MONTH

The Energy Bus



Foreword:

- To run a successful organization, you must learn to manage people's energy, including your own.
- Every morning, you have a choice. Are you going to be a positive thinker or a negative thinker? Positive thinking will energize you.

Acknowledgements:

- I truly believe that no one ever creates success alone.
- Everyone needs a positive team with supportive people on their side to be successful.

Author's Note:

- The goal in life is to live young, have fun, and arrive at your final destination – as late as possible – with a smile on your face, because this would mean that you truly enjoyed the ride.
- You are never given a wish without the power to make it come true.

Chapter 1:

- George has a victim mentality – “woe is me”. Everything is a problem. He was a “dimmer” – no purpose, no spirit, no energy. Walked around like a zombie all day long always seeing the worst in everything.
- Joy, the bus driver, is an Energy Ambassador. She tried to energize all those that came on her bus.
- We have a choice of how we see things. Every problem has a gift for you in its hands. You can choose to see the curse, or the gift. And this one choice will determine if your life is a success story or one big soap opera – so choose wisely.

Chapter 2:

- George has to wait in the car repair shop. He was growing anxious and impatient – as usual. He didn't like waiting. He felt as if the world conspired to inconvenience him. Negative outlook.
- Mechanic had good news and bad news. Instead of being thankful for the good news, George chooses to dwell on the bad news.

Chapter 3:

- George is near the breaking point. What else could go wrong? His negativity was making the family miserable and his wife was giving him an ultimatum – change or I'm gone. His life was spinning out of control and he felt powerless.
- He vowed to change. His two kids were his driving force.

Chapter 4:

- George woke up feeling tired, anxious, and stressed as usual. Every day he wondered what else could go wrong.
- He had a moment of self-realization. He agreed with Joy – his life and career had hit rock bottom and he was the culprit.

Chapter 5:

- George got on the bus again. He begins to change his attitude. Maybe Joy isn't that bad after all? He felt bad for being rude to her.
- He has no energy. He realizes he needs to make some changes. He would start today – he thought.

Chapter 6:

- George wants to make an impact and move things in the right direction. He feels like he spends most of his day at work putting out fires rather than getting things done.
- Joy's smile makes him smile. Everything is not always as it seems.
- Joy tells him she smiles all the time because she loves life. She tells him that he is on her bus for a reason. She introduces the 10 Rules for the Ride of your Life and says it will change his life.

Chapter 7:

- Rule #1 is introduced: YOU'RE THE DRIVER OF YOUR BUS. The most important rule.
- If you don't take responsibility for your life and control of your bus then you can't take it where you want to go.
- George feels like he is out of control and life dictates him. Joy tells him if he continues down the "poor me" road he is well on his way to being a Monday morning fatality.
- Joy says life is simple, but we have a tendency to complicate it. The closer you get to truth, the simpler and more powerful the lessons become.

WEEK 2: April 6th

Chapter 8:

- Joy states that it is an illusion that we live in a physical world – the universe is made up of energy. We are all made up of energy. So, this is an energetic universe we live in and everything about us is energy.
- There are people who increase your energy and those who drain you.
- Our thoughts are powerful because they are loaded with energy. There is an energy to thought and when you identify what you desire and write down your vision, you begin the process of mobilizing the energy to create the life you want.

Chapter 9:

- George had a vision for his personal and professional life. He decided to write them down. They seemed to reinvigorate him.
- He was in a crisis. Joy reminded him that a crisis creates an opportunity. An opportunity to grow stronger and wiser; to reach deep within and discover a better you that will create a better outcome. While in a crisis, what matters most is what you do with it.

Chapter 10:

- Rule #2: DESIRE, VISION, AND FOCUS MOVE YOUR BUS IN THE RIGHT DIRECTION.
- Focus turns vision into reality. Each day focus on your vision for 10 minutes.
- Law of attraction: the more we focus on something, the more it shows up in our lives. Thoughts are magnetic. What we think about – we attract.

Chapter 11:

- If you want to change your situation you must change your thoughts. If you keep on thinking what you have been thinking you'll keep on getting what you have been getting.
- $E + P = O$. Event plus Perception equals Outcome. We can't control the events in our lives, but we can control our perception to them and our response.

- Positive energy and positive people create positive results.
- Rule #3: FUEL YOUR RIDE WITH POSITIVE ENERGY. We must fuel up daily with positive thoughts, cultivate positive feelings, and take positive actions.
- There are two dogs at war within you. Which one is going to win? The one you feed the most. You can feed the positive dog or the negative dog. Feed the positive dog.

Chapter 12:

- George realized everything wasn't always as it seemed.
- George read about the Thank You Walk in the Energy Book.
- It's physically impossible to be stressed and thankful at the same moment. Counting your blessings really does make you feel great. Being grateful floods the body and brain with positive endorphins and emotions and combined with walking is a powerful energy booster.

Chapter 13:

- Great Golf Shot Theory: after a round of golf, people always remember the great shots – not the bad ones.
- In life, people often go to bed thinking about all the things that went wrong when instead they should apply the one great golf shot theory to their life and think about the one great thing that happened that day.
- Positive energy was working in George's life. His boss took notice.

Chapter 14:

- George is beginning to make a shift. He is positive and excited about work. He has been feeding the positive dog.
- Rule #4: INVITE PEOPLE ON YOUR BUS AND SHARE YOUR VISION FOR THE ROAD AHEAD. You have to ask people to get on the bus with you. The more people you pick up along the way the more energy you create during the ride.
- You must share your vision with your team. You must make it clear what you expect from them and how you expect the team to work together with no infighting and no egos getting in the way.

WEEK 3: April 13th

Chapter 15:

- George thought about Lincoln's journey. He suffered from depression, yet was able to overcome several election defeats, two bankruptcies, a nervous breakdown, and the death of his fiancé before becoming President of the US.
- George wondered if he had the strength and courage to overcome his own small civil war at work.
- "I am not bound to win, I am bound to be true. I am not bound to succeed, but I am bound to live up to the light that I have." – Abraham Lincoln

Chapter 16:

- It was Monday, and George had a nervous excitement instead of the dread he normally felt.
- Everyone turned in their ticket other than three people, all of which were negative.
- Thinking about team dynamics – George was more hopeless than ever. The team was not unified and the energy felt horrible – as did George.

Chapter 17:

- George is down as he begins the new day because not everyone bought in to his Energy Bus proposal. Joy can sense his discouragement as he boards the bus.
- Joy encourages him that life will always have setbacks, but you have to keep grinding. "You haven't failed until you've stopped trying."

- Joy tells George not to take things personally. Not everyone is going to “buy in” and a lot of people will be negative. That’s just the way it is. Don’t worry about the people that don’t get on your bus – don’t waste your energy on them.
- Rule #5: DON’T WASTE YOUR ENERGY ON THOSE WHO DON’T GET ON YOUR BUS.

Chapter 18:

- It’s not easy to deal with negativity in this world, but it’s got to be done. You must surround yourself with a positive support team. If you want to be successful you have to be very careful about who is on your bus.
- People who drain your energy are called Energy Vampires. They will suck the life out of you and your goals and vision if you let them.
- Rule #6: NO ENERGY VAMPIRES ALLOWED ON YOUR BUS. You have to be strong to tell people that you will not allow any negativity on your bus.

Chapter 19:

- Your positive energy and vision must be greater than anyone’s and everyone’s negativity. Your certainty must be greater than everyone’s doubt.
- There will be people who don’t want you to succeed because it makes them see their own weaknesses and failures.
- Positive energy is like a muscle. The more you use it – the stronger it gets.

Chapter 20:

- George decided to take control of his bus today. He knew he needed to take action and fast, so he met with those individuals that didn’t want to be on the bus.
- George fires Tom after he is incredibly disrespectful and negative and Jamie decided to quit.
- George surmises that he’d rather have less talent and a team that is all moving in the same direction and striving for the same goals than a team with bad attitudes. He vowed to stay true to his vision.

Chapter 21:

- George had a dream. He was driving a bus with all of his family members and employees were headed down a road toward a huge hole. An invisible hand lifted up the bus and carried it over the abyss to safety.
- He heard a voice say, “Trust that great things are happening.” The most critical three days of George’s life lay before him, yet he also had an incredible feeling of calm that somehow it would all work out. Somehow it would all come together.

WEEK 4: April 20th

Chapter 22:

- George is sitting at the bus stop on Wednesday morning and is contemplating what he can do better. He has a desire to improve, yet somewhere along the way he had forgotten to stop learning and growing.
- He remembered what his college lacrosse coach told him, “The goal is not to be better than anyone else but rather be better than you were yesterday.” Indeed George wanted to be a better father, a better person, a better husband, and a better leader.
- George’s goal was to improve every day, help his team improve, and hopefully deliver and incredible product launch to the executives of the NRG Company.

Chapter 23:

- Emotions can lift you up or bring you down. We CAN take control of our emotions, charge ourselves up, and let positive energy flow.

- The key is to feel good. When you feel good, everyone around you feels good. Being around happy and positive people makes people feel happy and positive.
- Joy told George that he has to not only become a changed man – but he must become a changed leader, and the key to this change is the heart.

Chapter 24:

- Joy tells George he must lead with his heart. George’s team craves positive, contagious leadership.
- The heart is your power center. It’s where contagious positive leadership comes from and the more open, powerful, and positive it is the more powerful you are.
- The heart acts as an emotional conductor and radiates how you are feeling to every cell in the body via the heart’s electromagnetic field; this energy field can be detected up to 5 to 10 feet away.

Chapter 25:

- Jack encourages George to be the CEO – Chief Encouragement Officer. Energy is the currency of personal and professional success today. If you don’t have it you can’t lead, inspire, or make a difference.
- CEO shares positive, powerful, and contagious energy with your co-workers, employees, and customers!
- Rule #7: ENTHUSIASM ATTRACTS MORE PASSENGERS AND ENERGIZES THEM DURING THE RIDE.
- CEOs live and work with enthusiasm. They tap the power of their heart by getting excited about being alive, by filling up with loads of positive energy, and by being optimistic about life and work. They don’t let fear stop them.
- People are always buying you and your energy.
- Negative people often tend to create negative cultures whereas positive corporate cultures by positive people.

Chapter 26:

- Rule #8: LOVE YOUR PASSENGERS. Love is the answer to the team’s success. You become a love magnet by loving your employees, your customers, your company, and your family.
- When you love your team, they will love you back. If you treat them like a number or your next promotion or your next bonus, they’ll treat you like a number. People do business with people they like and who love them.
- So enthusiasm gets them excited about being on your bus, but love is what keeps them on the bus. IT’s a process not a goal. Love is something that needs to be nurtured.

Chapter 27:

Love Rules

- Make Time for Them
- Listen to Them
- Recognize Them
- Serve Them
- Bring Out the Best in Them

Chapter 28:

- George showed up to work ready to love and inspire his team; however self-doubt reared its ugly head again. Fear consumed him and he felt like someone had hauled off and punched him right in the stomach.
- His mind was preoccupied with his negative thoughts, when a Michael appeared before him and asked if he could rejoin the team and be on the Bus. George agreed and took this as the sign Joy had talked about. It was a turning point for George.

- Chief Energy Officers overcome challenges by charging forward with trust and optimism. Through trust, George knew he would tap into the ultimate GPS system (God's positioning system).

WEEK 5: April 27th

Chapter 29:

- George missed the bus because he stayed up late working on his project. He stayed positive, however; because he learned not to let little setbacks crush his spirit.
- Rule #9: DRIVE WITH PURPOSE. Purpose is the ultimate fuel for our journey through life. When we drive with purpose we don't get tired or bored and our engines don't burn out. Purpose keeps us fresh.
- When you fuel up with purpose you find the excitement in the mundane, the passion in the everyday, and the extraordinary in the ordinary. Purpose is what life is all about.
- Foster spirit and allow it to move through your team by fueling up with purpose. Shared purpose keeps a team energized and together.

CHAPTER 30:

- Instead of George developing the shared vision and purpose, he had his Team do it together. He thought it would be more powerful, meaningful, and inspiring if the team formulated what they wanted it to be.
- George's Team had been transformed. He noticed that the egos and personal agendas were gone. Yes, they were on his bus and they were an energized, purpose-driven team.

CHAPTER 31:

- Today was Game Day – George's big presentation, and it was his last day on the Energy Bus.
- George is nervous. It's a sign of fear. We all have fear but the key to success is that your trust is bigger than your fear. A little fear is good but it is weak energy. It runs out. Trust is the high octane fuel that will take your bus wherever it needs to go.
- All of us focus so much on what stresses us that we forget all the things we got to be thankful for.
- Rule #10: HAVE FUN AND ENJOY THE RIDE. The goal in life is to live young, have fun, and arrive at your final destination as late as possible, with a smile on your face. Too many people stress over too many meaningless things. Live and work like you have nothing to lose and everything to gain.

CHAPTER 32:

- George looked into the eyes of the executives around the table waiting to hear his presentation. He could see their negativity and doubt. He knew they were expecting him to crumble and fail. He remembered that his positive energy must be greater than anyone's negativity.
- George and his team delivered one of the best product launches ever.
- The Team wanted to celebrate with him. They wanted to savor the sweet smell of victory and soak up the energy of the moment. George began to understand that a team who puts their heart and soul into a project and works hard toward a shared purpose wants to celebrate together.

CHAPTER 33:

- The signs were clear. If he had never gotten a flat tire he would never have met Joy. If he hadn't gone through all the adversity and challenges at work he would never have wanted to learn how to better lead his team. What he had thought was bad, he now realized led to good.
- Life is a test. Every adversity helps us grow. Negative events and people teach us what we don't want so we can focus our energy on what we do want.

- When new challenges come his way, George committed to asking himself, “What can I learn from this challenge? What is it teaching me? The he would stay positive and trust that the lessons would make him stronger, wiser, and better.

CHAPTER 34:

- George gets on the bus very excited! He gives Joy a big hug and shouts to the rest of the bus, “We did it”! He hands Joy a new sign of the 10 Rules that she can hang up on the bus.
- George has courageously plowed through the darkness to find his light.
- He decides to take the bust to work from now on. Driving your car to work is great but it’s more fun on the bus!
- The Energy Bus will take you on the ride of your life.