Positive Energy Groups

10-Week Discussion and Activity Guide

Based on the Book:

The Energy Bus:
10 Rules to Fuel your Life, Work, and Team with Positive Energy
By Jon Gordon
Read “The Energy Bus” book before the beginning of Week 1.

**Week 1 Discussion**

- 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?

- What was your favorite rule in the book?

**The Big Question**

- 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?

**Get on the Bus!**

- Do one thing this week that makes you feel great. Do one thing that makes your heart sing. Go to [www.TheEnergyBus.com](http://www.TheEnergyBus.com) and download any of the free downloadable posters and post them around your home, work or school to serve as a reminder to you and others.
Week 2 Discussion

- How did you feel when you did something this past week that made you feel great?

- Do you believe that thoughts are energy? Yes or no?

- Do you believe that our thoughts create our reality? Have you ever thought of something and then it happened?

- 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. For example, you might write that your vision is a happy, calm and peaceful family where your children respect their parents and act accordingly.

- 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?

- Make those revisions now.

The Big Question

- Can I envision a better life for myself? Can I see myself living a better life than the life I am living right now? Am I ready for a better life?

Get on the Bus!

- Write down your vision(s) in a notebook or journal and read them three times a day this week. In the morning, after lunch and before bed are great times to do this. Then for 10 minutes each day visualize yourself living your vision. What does it feel like? What do you see? Try to recall a smell associated with your vision. For instance if you see yourself walking on the beach, what does that smell like? What are sounds associated with your vision? Create your vision in your mind and try to see it like a director watching his movie.
Week 3 Discussion

- How did it feel to read your vision each day?
- Was it easy or challenging to make time for your visualizations? Were you able to do it? Why or why not? What can you do different, if anything, to make visualization a habit.
- How did it feel when you visualized your success?
- Do you believe that visualization works? Yes or no? Why?
- Do you believe in the law of attraction? What does the law of attraction mean to you?
- How does taking action strengthen the law of attraction and the energy of your thoughts?
- 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 Question

- What will it take for me to make my vision a reality? Am I committed to taking action? Why or why not?

Get on the Bus!

- Write down your goals and action steps in your notebook or journal. This week read your vision, goals and actions steps three times a day. Take one action each day to make your vision a reality.
Week 4 Discussion

- How did it feel to write and read your goals and take action?
- Do you have any success stories to share?
- If you had trouble taking action this week, what do you think stops you and most people from taking action?
- What do you think it will take to overcome these roadblocks and obstacles?
- 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?
- If you could overcome your biggest fear what action would you take today to improve your life.

The Big Question

- What is stopping you from living the life you were born to live? What is causing you to step on the energy bus emergency break? Are you ready to trust and step on the gas pedal?

Get on the Bus!

- This week say these affirmations repeatedly to yourself:
  - I trust that great things are happening today.
  - I trust that everything happens for a reason.
  - I trust that amazing things are happening in my life.
  - I trust that God has a bigger plan for my life.
Week 5 Discussion

- How did it feel to say your affirmations last week? Did you notice it shifting your energy and raising your energy level?

- Which is more powerful positive energy or negative energy?

- 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?

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

- When facing a negative person or situation how do you choose positive energy instead? Is it difficult?

- 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?

- Why do you think more people aren’t more positive?

The Big Question

- What are some things you can do to be more positive? Are you ready to fuel your life, work and team with positive energy? Are you willing to take action?

Get on the Bus!

- Just like George, take a thank you walk and a success walk each day this week. After you take these walks, write down how you feel.
Week 6 Discussion

- How did you feel after taking your thank you and success walks this week?
- In *The Energy Bus*, 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?
- What actions could you take to fill your bus with positive supportive people?
- 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 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 Question

- The next time you are face to face with an Energy Vampire what are you going to do?

Get on the Bus!

- Make a list of five positive, supportive people you want to invite on your bus. Then invite them on your bus by sending them bus tickets via [www.TheEnergyBus.com](http://www.TheEnergyBus.com). Next list three to five energy vampires who are currently on your bus. Decide how you are going to handle them and take action.
Week 7 Discussion

- 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?

- How do you feel when you are enthusiastic?

- When you think of enthusiasm which celebrity, famous person or someone you know comes to mind. Describe this person?

- 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? How?

- What do you believe stops you and most people from being enthusiastic?

- If you could do any job in the world, what would you do?

The Big Question

- Is it possible for you to start living with more enthusiasm right now? If so, what can you do today that will bring more enthusiasm into your life?

Get on the Bus!

- Write down five things that you can be enthusiastic about in life and at work. What can you get excited about? Then make a commitment this week to focus on these things in your life. Make them your priority and focus. Start walking around as if you won the lottery and you are just thrilled about life. Act as if you are getting ready to play in the Super bowl.
Week 8 Discussion

- How did living with more enthusiasm last week make you feel?
- Do you believe you can continue this enthusiasm this week? Why or why not?
- 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 Question

- Have you often wondered what your purpose is? Are you ready to discover it, or rather, let it discover you?

Get on the Bus!

- 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. Ask yourself how you can bring more spirit and purpose into your work, church, community, and groups? Take action.
Week 9 Discussion

- 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?
- Can you recall a time when you felt truly loved? What did it feel like?
- Can you recall a time when you truly loved someone or something? What did it feel like?
- In what ways do you think people seek love? Does this work?
- Why do you think so many people feel unloved?
- What are ways we can express our love?
- 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?

The Big Question

- Are you capable of more love than you are giving yourself and others at this time in your life? What are you willing to do to express your love?

Get on the Bus!

- Make a list of five practical ways you can love your friends, neighbors, family, employees and co-workers this week.
- 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?
- Write down ways you can express and share your love. Then take action.

**Week 10 Discussion**

- In *The Energy Bus*, George recognizes the importance of living with Joy and making the feeling joy a part of his every day experience. Do you think this is possible in real life? Why or why not?

- Recall a time when you truly felt Joy. What did it feel like?

- What does living with joy mean to you? Can you describe it?

- Who is the most joyful person you know? Describe them. Why do you believe they are so full of joy?

- Do you believe it’s possible to find joy at work? How?

- Why do you think Joy is so elusive?

- What brings you joy?

**The Big Question**

- Are you ready to live your life with more joy filled moments? Are you ready to embrace the magic and awe found in the present joy filled moment?

**Get on the Bus!**

- This week make your focus, JOY. Ask yourself how you can find more joy in your life. If you are not experiencing joy in the moment, ask, how can I bring more joy into my life right now.

- Sit in silence 10 minutes a day and think about your past joy filled experiences. Smile when you think about them. Cultivate this feeling of joy daily. Remind yourself what it feels like.

- Say this prayer, “God I am ready to feel more joy in my life. I am ready to allow Joy to flow through me. I am one with all the Joy that exists.”