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The energy bus

One of the best books I read about project management was The Energy Bus -10 Rules to Fuel Your Life, Work and Team with Positive Energy by Jon Gordon. And he's today's pick for our 1 book in 10 minute series. To make this article easier to read, it is divided into the following topics: What do I get out of it? Take a ride on the bus for a better and more positive life. Lack of control over your life can create unhappiness. Take control of your life and focus on the vision you want. You can choose how you perceive events by transforming energy from negative to positive. Tell people about your vision; remove negative people when you can. Other people can feel their feelings and be inspired by their enthusiasm. Make your passengers feel appreciated by giving them their time and recognition. Purpose and fun will propel you to new heights. Final summary What is the series 1 book in 10 minutes? Before you begin, if you still don't know our series, let me explain to you better: the day has 24 hours. And every hour has 60 minutes. Soon the day has 24 * 60 = 1440 minutes. 1% of the day means 1440/100 = 14.4 minutes. A little less than 15 minutes of your day. A little more than 10 minutes. Because then you will have invested less than 1 percent of your day (which we will combine that is possible!) and will have come up with relevant content. With tips in this book summary, I hope you can improve your life and be more accomplished! That's why I've included some comments that I thought were more appropriate for your personal development. Note: To date I am writing this article, the book does not yet have translation to the Portuguese. About today's chosen book: The Energy Bus -10 Rules to fuel your life, work and team with positive energy by Jon Gordon In this 2007 book you will find out why emotional boundaries, and how to build strong relationships with your investors. Book cover: The Energy Bus -10 rules to nurture your life, work and team with positive energy Keep reading. If you were interested in the book, here's the link to buy it on Amazon do Brasil. About the book's author: Jon Jon Gordon is a management and team expert as well as best-selling author. He regularly shares his knowledge at conferences and has worked with several organizations, including the Los Angeles Dodgers, Dell, Southwest Airlines and BB& T Bank. Author Photo: Jon Gordon Visit his LinkedIn page here. 1. Teaching in the book The Energy Bus -10 Rules to Fuel Your Life, Work and Team With Positive Energy by Jon Gordon What Do I Get Out Of It? Take a bus-free tour for a better and more positive life. Most of us have personal and professional declines in our lives. Sometimes these falls can be so deep that you wonder if you will ever get out of them. So imagine if you went on the bus one morning and the bus driver gave you a set of rules to give your life an energetic boost. you will find: What formula E + P = What it means and why it is important; Why do you want to get rid of the negative energy on your bus; and as CEO it has a different meaning on the bus and why it is important; Why do you want to get rid of the negative energy bus -10 Rules to Fuel Your Life, Work and Team with Positive Energy by Jon Gordon The lack of control over your life can create unhappiness. For most people, positive energy means walking with a smile glued to their face. But the really positive energy runs much deeper; it is a state of real optimism and enthusiasm that cultivates a lifestyle of trust, passion and love. Sounds good, but how can you achieve this mode? Get our fictional leader in this story, George. His life seemed perfect; he had a house, a wife, two children, a puppy and a team to run at nrg company that manufactured lamps. But George was miserable. Every little thing seemed to go wrong for him and he was desperate to find meaning in his life. Many people feel like George, trapped in the passenger seat in their own lives. After all, life is filled with stress and impossible expectations, both personal and professional. One Monday morning, George discovered that his car had a flat tire. He arrived late for a meeting about launching a new lamp, and his team descended into chaos. To make matters worse, that morning he had a three-way with his wife. Just one day and he was already sure it would be another terrible week. From there, things only looked like things were only getting worse; George's car also had a brake problem and he had to bus work within the next two weeks. But when he first boarded, he was immediately captivated by Joy, the bus driver and her full smile. She met a lot of people like George and knew exactly what he needed. 3. Teaching in the book The Energy Bus -10 Rules to fuel your life, work and team with positive energy by Jon Gordon Take control of your life and focus on the vision you want. Joy offered George an incredible opportunity, but it wasn't until his wife and boss told him he was prepared to lose everything he was ready to accept. When he did, he committed to learning Joy's ten rules for a new life. The first rule was: become the driver of your own bus and regain control. See how your journey began. When George boarded the bus for another day at the office, Joy told him that people are often unhappy because they have no voice in their lives. George immediately understood what he meant. After all, he felt caught between conflicting expectations, such as his boss and his wife. Not only that, but his life was full of events completely beyond his control, like breaking his car. Joy went on to say that according to the philosophy of the energy bus, to really change your life, you have to take control, decide who you want to be and how. But before you do that, you need to know where you're going. This is where the second rule enters one's area: With vision and focus, you can drive the bus in the desired direction. To demonstrate this, Joy asked George to write a vision for his private life, one for his private life, one for his family. George decided that he wanted to be happy again; he wanted to have a successful product launch with his team. Now all that remains is to achieve these objectives. To help, Joy told George about the law of attraction. According to this concept, all thoughts are magnetic, which means that the things you think will start to show up in your life. Just look at the Olympic athletes, many of whom use the law of attraction, visualizing this strong potential, George decided to spend ten minutes a day thinking about his goals. 4. Teaching in the book The Energy Bus -10 Rules to Fuel Your Life, Work and Team with Positive Energy by Jon Gordon You can choose how you perceive events, transform energy from negative to positive. Everyone knows that it can be difficult to focus on the positive, but your attitude and vision of the world can make a difference. Your perception of events is completely under your control. Just follow the formula E + P = O. It says events + Perception / Positive Energy = Result. In other words, there are many things you haven't controlled, but what you control is how you perceive these events. So by choosing to have positive thoughts, rather than negative ones, you can get better results. This is crucial as positive energy will keep your bus moving forward. This is rule number three: positive energy is the fuel for your journey. But how do you manage to keep the fuel tank built in? Sometimes it just takes addressing things from a different perspective. If you have a lot of work to do, it can help you feel grateful to have a job in the first place, knowing that many people are struggling to get the job. A simple act of gratitude will release endorphins and make you feel better before you realize it. George decided to try this practice for himself by spending ten minutes walking around the office, considering everything he should be grateful for. He realized that he is healthy, has a loving family, a home and a job - much more than most people. After this trip he felt a new sense of energy and could return to work, ready to meet all the challenges of the day. You can follow George's example. Just make these little pieces of practice part of your life, work and team with positive energy by Jon Gordon Tell people about your vision and ask them to join you on your journey. Whether you work with your colleagues or at home with your partner, happiness and success often depend on teamwork. After all, a happy family life and a successful working environment can only be achieved when everyone does their part. When George began to realize his vision in life, he began to worry; if he was the only one to approach his work with passion and energy, it was unlikely that he could have a successful product launch or improve his marriage. Fortunately, Joy was present with rule number four: Tell others about your vision and ask them to join you. It's simple: the more people you receive on your bus, the energy you will need to feed your trip will be more positive and the results will be more successful. To make this a reality, Joy told George about a user-friendly website that could help him tell other passengers about his plans. It's the energibune.com, and by using it, George could bus tickets to give to his wife and everyone on the team at work. But a ticket is not very good if passengers don't understand where to go. While George was excited about the idea, he also knew how to talk to Joy, that it was important to give each potential passenger a ticket, but only after discussing the next trip. That's because if people don't know where to go, they won't be so eager to climb boarding. With this knowledge in mind, George met individually with each member of his team and handed out invitations to share his vision. At these meetings, he presented his expectations for the launch and asked anyone who was committed to the vision. His staff had all weekend to consider their conversations and inform him on Monday if they would come for the trip. George felt energised by the prospect of adding new fellow travelers. But he was also nervous that it might disappoint him. To avoid this, your vision would need to have enough power to inspire others, something you will learn from just below. 6. teaching in the book The Energy Bus -10 Rules to Fuel Your Life, Work and Team with Positive Energy by Jon Gordon Do not waste energy to people who do not share his vision; remove negative people when you can. When George met with his team again, he was shocked to hear that a team member, Joseph, did not want a seat on the bus. George was surprised because Joseph was one of his best employees. This unexpected development led George thinks. If people don't want to get on the bus, you shouldn't try to convince them. Just do a Gallup poll, which found that there are about 22 million workers in the United States who have a negative attitude toward work. These employees account for an annual loss of productivity of about \$300 billion. Of course, being surrounded by people with negative attitudes can generate doubt and prevent you from realizing your goals. So to deal with her situation, Joy told George about rule number five: save energy and not try to convince people they're not ready to board. Just remember, if they are full of negativity, they will only lessen it. And if negative people get on your bus, it's important to remove them as soon as you can. You may notice passengers complaining along the way. You can think of these people as vampires who suck their positivity and vision. That's why rule number six is to take vampires out of the energy in Bus. Put another way, if you have negative people on your team, sit down and chat. Try to determine the origin of your negative attitude and how you can work together. If they are not willing to change, you should let them go. Or in situations where you can't get rid of troubled people, tell your boss or supervisor, find ways to increase your own positive energy. If you can, you will overcome the negativity they bring into your life. 7. Teaching in the book The Energy Bus -10 Rules to Fuel Your Life, Work and Team with Positive Energy by Jon Gordon Other people can feel their feelings and be inspired by their enthusiasm. Have you ever met someone who gets ridiculously excited about new albums or movies? Have you noticed that seeing such an energetic person describe his passion also fills him with excitement and happiness? It's just a natural answer. After all, the human body can feel the feelings of others. Just do a study from the Institute of HeartMath, an American research and educational institution that specializes in how the heart affects wellbeing. His research has shown that the heart can transmit emotions through its own electromagnetic field. Not only that, but such a field can be perceived at a distance of up to ten meters! In other words, people are really passionate about something, they share that enthusiasm and the positive feelings with others. That is why it is important to speed up the whole bus, but when you do, it is also important that it is done with real enthusiasm. This is where rule number seven comes from the Greek word entheos, which means inspired or full of the divine. As long as you're excited about your work and the tasks you're doing, everyone around you will feel the same way. It's the kind of positive energy you need to feed your trip in the long term. Joy already has a name for it: its CEO or director of Energy. The people who fill this function infect employees, employees and even customers with strong positive energy that inspires and suggests them. 8. Teaching in the book The Energy Bus -10 Rules to Fuel Your Life, Work and Team with Positive Energy by Jon Gordon Makes Your efforts and care about you obvious, but points to a deeper human need for appreciation. In other words, by loving your team members, you can make them feel good, but also motivate them to do the best possible job and follow you wherever you go. Therefore, rule number eight is to love passengers on the bus. Here's how. First, be sure to take your time and listen. Remember, love and relationships need time to evolve and flourish. So just as you need to spend time with your partner to build your relationship, spend time with your employees. Regular individual meetings, you should listen carefully to what the other person says and show empathy for your experience. Your employees should know that you care as much about your needs as you do about your needs as you do about your more than a gear on a machine. For example, you should never send an electronic birthday message. Instead, write real birthday cards for each employee you manage. Just look at George and his co-worker Joseph, who didn't want to get on the bus. Joseph never felt appreciated, and although he worked well regularly, George never recognized it. Adding insult to injury when Joseph asked for a raise, George said he would think about it but never brought it back. But it was old George. The first thing the new George did after learning about rule number eight was to thank Joseph for all his excellent work and promise him a journey. As a result, Joseph was happy to join George on the energy bus. 9. Teaching in the book The Energy Bus -10 Rules to Fuel Your Life, Work and Team with Positive Energy by Jon Gordon Purpose and Fun will propel you to new heights. By implementing all the rules he has learned so far, George has managed to regain his marriage and spend more time than ever with his children. But as the launch of his product approached, George wondered how he could inject another shot of energy into his team. To do this, he needed to understand that this purpose facilitates his work. A story about President Johnson and a NASA janitor gives a good example. The president told the man that he was probably the best caretaker he ever knew, and to which the caretaker replied: Lord, I'm not the caretaker. I just helped put a man on the moon. This just shows that with a higher purpose, you can perform tasks daily, which is why rule number nine is to let yourself be driven by a higher purpose, you can perform tasks daily, which is why rule number nine is to let yourself be driven by a higher purpose. George made his team see themselves as creators of not only light bulbs - the kind of people who can illuminate the first book a child reads. Once they made this decision, they all worked happily late nights with George. Suddenly, the whole team was united behind their shared mission. But most importantly, purpose and fun can enable stellar performances. Another morning passenger of George told him about an investigation involving two teams, each of whom was tasked with designing a new aircraft. One was informed that they were chosen to design the best aircraft that ever existed, while the other was told to simply designate components and deny all information about the mission behind the project. Not surprisingly, the team with the mission had a better time and worked harder, completing their work at half the time. This example points to the last rule, number ten: you need to have fun on your trip. After all, success is much easier to achieve when you're having fun, rather than emphasizing. Finally, the modern world is burdened by competitive pressure, from work stress to the demands of family life and the general difficulty of paying bills, keeping your home and keeping it all together. But there is a solution: positive energy can help you regain control and find true happiness. Learn from your setbacks. Making sure your bus arrives at your destination can be hard work. To get where you want to go, you need to be able to handle all the limitations and challenges along the way. To do this, have a habit of asking yourself what you can learn from such difficulties. What opportunities do they give you and your team? When you think productively about all obstacles, the path to your vision will become smoother. Soft.

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