ENERGY BUS: You

Being the Driver means...

4 Questions that Keep Me in the Driver's Seat:

What is my Vision for the road ahead?

Life:

Career:

Family:

What steps will I take in achieving my Vision?

What is my Purpose? (WHY?)

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ENERGY BUS: Your Classroom

Being the Driver means...

4 Questions that Keep Others in the Driver's Seat:

What is my Vision for my school/classroom?

What steps will I take in achieving this Vision?

How can I help others find purpose?

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Signs that you (or others) are not taking personal responsibility:

Ways to promote personal responsibility:

How will you promote personal responsibility in your school or classroom?

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Positive Vision for your WORK, CAREER, JOB, & TEAM

My vision for my WORK, CAREER, JOB & TEAM:

What steps will I need to take to achieve this result?

When will I do this?

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Positive Vision for your RELATIONSHIP & FAMILY

My vision for my RELATIONSHIP & FAMILY:

What steps will I need to take to achieve this result?

When will I do this?

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My WHY Statement

What brings a smile to your face?

Ex: Helping others, Being creative, Bringing joy to others…

What are you good at?

Ex: Writing, Singing, Creativity, Teaching…

What are the things that matter most?

Ex: Family, love, happiness, peace…

Write your Why Statement:

Ex: I exist to use my creativity and love for teaching to help others find love, peace, and happiness.

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What Brings You Positive Energy?

Spend one minute listing all the things you can easily think of that bring you positive energy. Don't censor yourself – write as many things as possible!

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Positive Energy Notebook

Write down actions that will fuel your team's ride with positive energy. Choose one to add to your school's Positive Energy Notebook. Continue to add ideas throughout the day as they come to you.

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Reframing

Reframing is one's ability to look at a situation through multiple lenses. Rather than going with your initial instinct or feeling regarding an event or situation, you can effectively look at the situation in a different manner which enables you to step back from what is being said or done and consider the "frame" in which it is being created. This can be difficult for many people because it means that you will need to be able to challenge your own beliefs as you ignore certain aspects of a situation while not allowing your own ego to get in the way of how the story is framed.

We reframe when we:
See our "flat tires" as opportunities.
See a weakness as a possibility to get better.
View challenges as learning experiences.
See the good in things considered bad.

Benefits of Optimism

Researchers have been studying the benefits of being positive for years. They have found than an optimistic world view carries certain advantages. In the introduction of The Energy Bus, Mr. Gordon shares that positive people have:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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On page 46, Joy reminds George that if you want to change your situation you must first change your thoughts. Because if you keep on thinking what you have been thinking, you'll keep on getting what you have been getting. Danny then shows George the following formula:

E + P = O (Event + Perception/Positive Energy = Outcome)

Read the event, negative response, and outcome in the box below. Consider how you could respond in a more positive way. Provide a new response and a possible outcome because of your response in the box that follows.

Negative Response

Event: Your supervisor gives you feedback that you don't agree with.

Response: You get upset and tell her she's always had it out for you and you plan to share your concerns with her supervisor.

Outcome: You're placed on an intervention plan for poor communication.

Positive Response

Event: Your supervisor gives you feedback that you don't agree with.

Response:

Outcome:

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E + P = O (Event + Perception/Positive Energy = Outcome)

Read the event, negative response, and outcome in the box below. Consider how you could respond in a more positive way. Provide a new response and a possible outcome because of your response in the box that follows.

Negative Response

Event: Your credit card is missing from your purse.

Response: You send an email accusing someone from your team and demand they return it before the police are called.

Outcome: Your team feels like you don't trust them.

Positive Response

Event: Your credit card is missing from your purse.

Response:

Outcome:

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E + P = O (Event + Perception/Positive Energy = Outcome)

Read the event, negative response, and outcome in the box below. Consider how you could respond in a more positive way. Provide a new response and a possible outcome because of your response in the box that follows.

Negative Response

Event: Your child's teacher calls each week to report inappropriate behavior demonstrated in the classroom.

Response: You scream at the teacher, accusing her of not liking your child and treating him/her differently.

Outcome: Your child's behavior becomes worse and other teachers are now complaining.

Positive Response

Event: Your child's teacher calls each week to report inappropriate behavior demonstrated in the classroom.

Response:

Outcome:

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E + P = O (Event + Perception/Positive Energy = Outcome)

Read the event, negative response, and outcome in the box below. Consider how you could respond in a more positive way. Provide a new response and a possible outcome because of your response in the box that follows.

Negative Response

Event: You see your longtime boyfriend and your best friend in a jewelry store together.

Response: You confront both and immediately assume they are seeing one another behind your back.

Outcome: Your boyfriend has had enough of your insecurity and decides to break up with you. You later discover he was looking at an engagement ring for you and had asked your friend to help him pick it out.

Positive Response

Event: You see your longtime boyfriend and your best friend in a jewelry store together.

Response:

Outcome:

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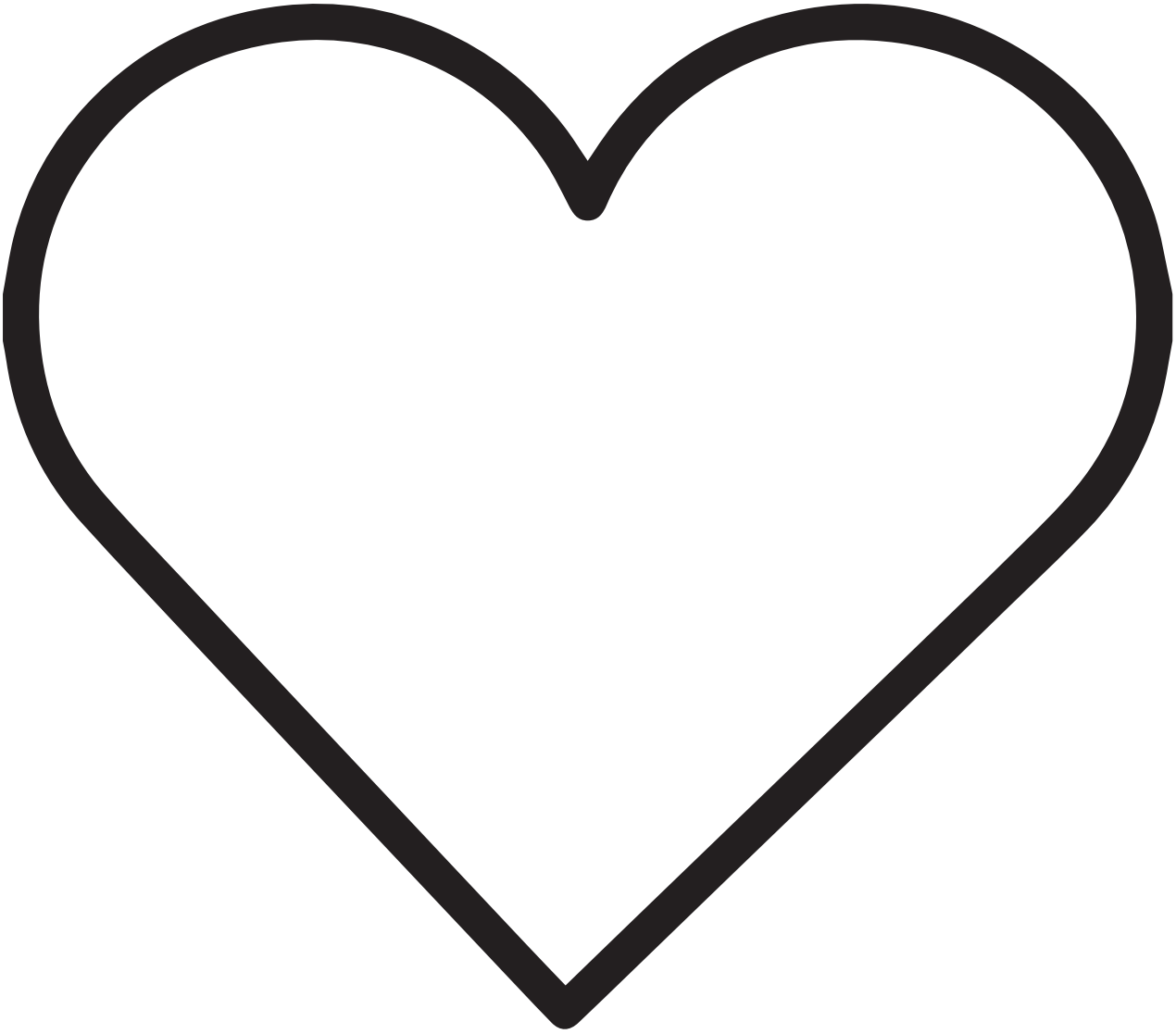
When you learn to take responsibility for yourself emotionally, physically, financially, spiritually, organizationally and relationally, then you will feel loved and give yourself permission to be loved. Taking responsibility for loving yourself fills your heart with love, which you can then share with others.

Showing Love for Yourself and Others

It is important to learn to love yourself before you can truly show love to others. Take a moment to write down all the things you love about yourself inside the heart below. This is not the time to be humble – so go on and celebrate YOU!



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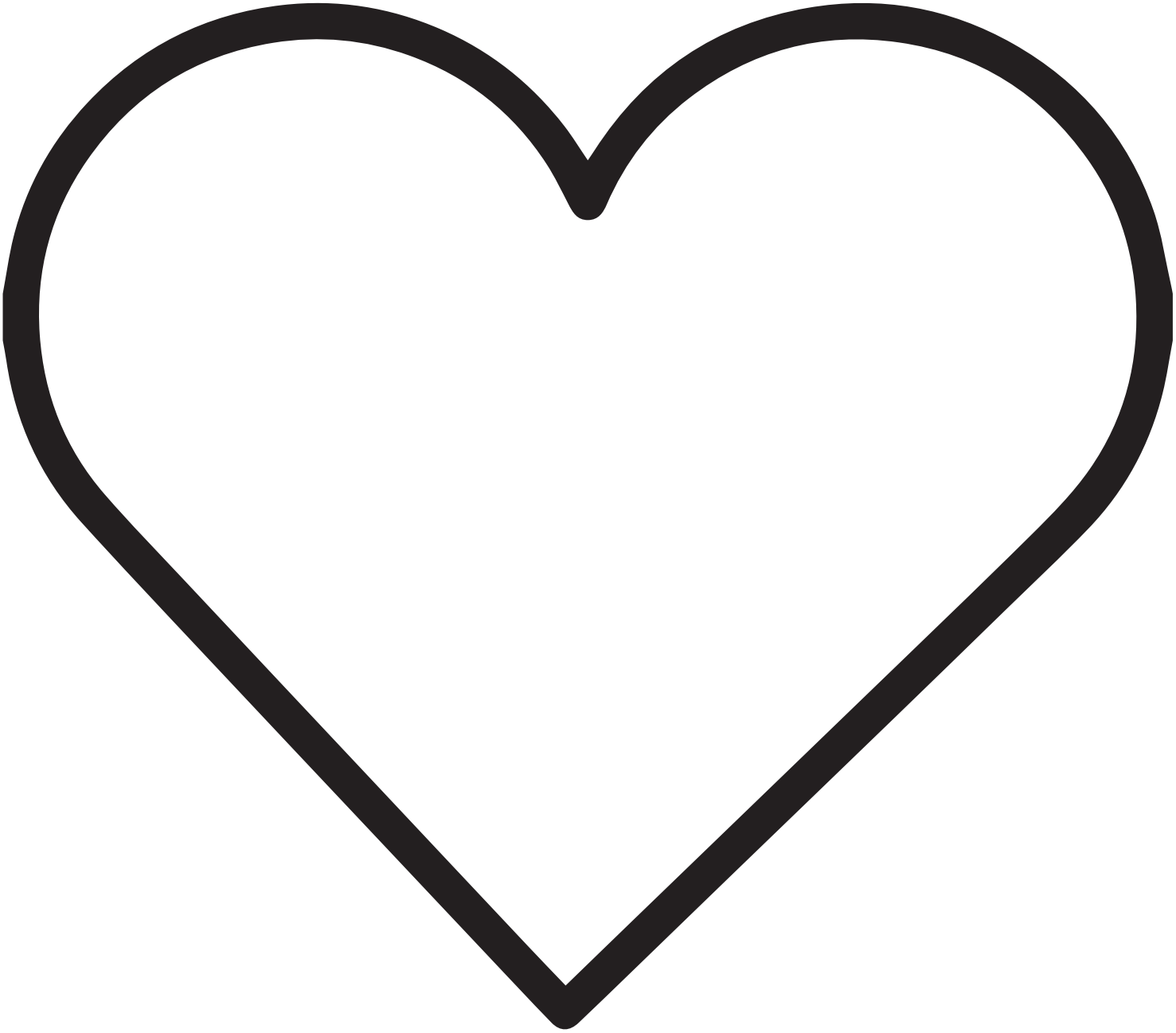
Share the LOVE

Tape this heart to the back of a neighbor. Think of things that you love about a teammate and write on his/her heart!



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Reflections

What critical points have you taken away from this experience?

How will you immediately apply this in your personal and professional life?

How will you use this learning to help others? Your team? Your students? Your parents?

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