



**Overbooked? Not Your Average Book Study**  
***The Energy Bus by Jon Gordon***  
***“Fueling Your Work with Positivity”***

**December 1 - January 12**

Date	Pitstop Discussion	Reading
December 1	Introduction	Read chapters 1-5
December 15	Chapters 1-5	Read chapters 6-11
December 16	FUEL UP Session	<a href="https://zoom.us/my/rebeccagibboney">https://zoom.us/my/rebeccagibboney</a>
December 22	Chapters 6-11	Read chapters 12-23
January 5	Chapters 12-23	Read chapters 24-34
January 6	FUEL UP Session	<a href="https://zoom.us/my/rebeccagibboney">https://zoom.us/my/rebeccagibboney</a>
January 12	Chapters 24-34	

NEW this series! We will be hosting two FUEL UP Sessions open for FREE - 2:30pm-3:00pm.  
Open, informal discussion about the book!

Catch up with us every Tuesday for Coffee with Jim and Becks.  
All sessions will be recorded and posted on our [webpage](#).  
Share your comments with the community #RuOverbooked?



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**Chapters 1-5**

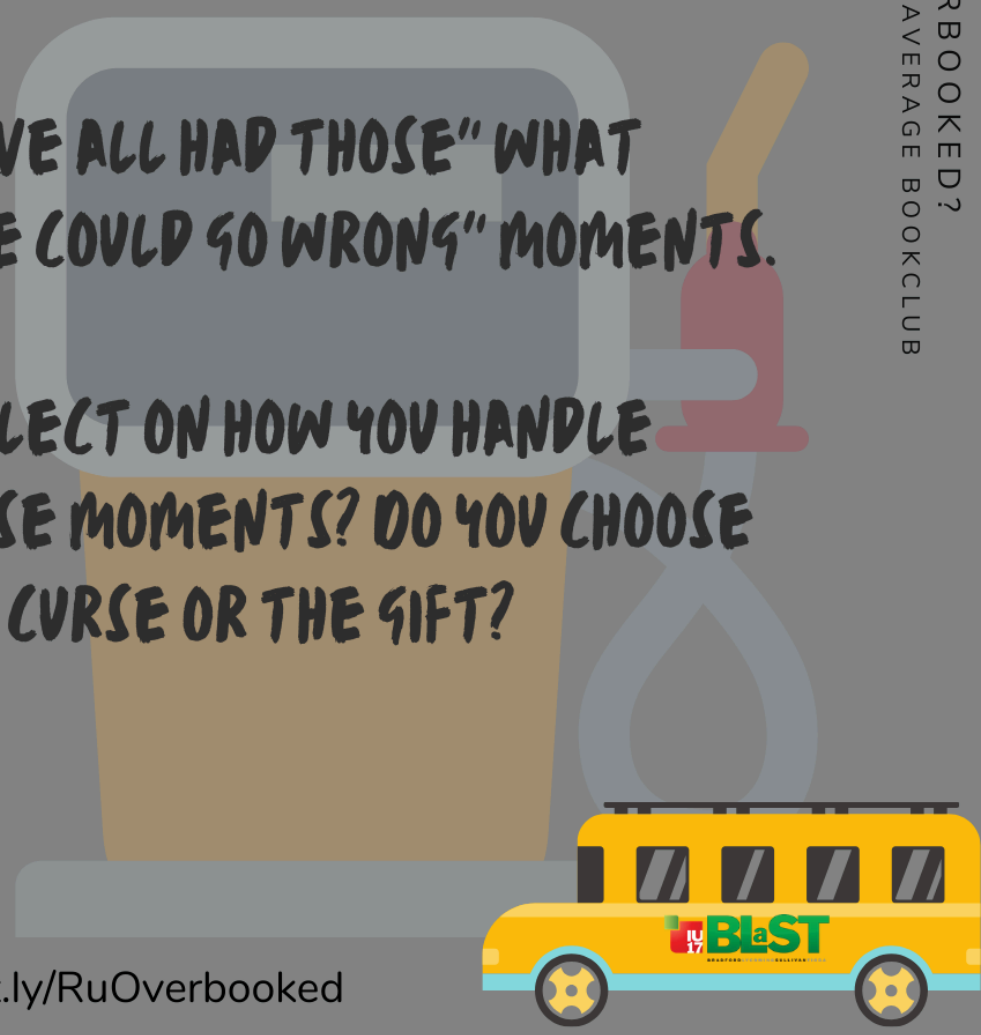
**FUEL UP:**

**WE'VE ALL HAD THOSE "WHAT ELSE COULD GO WRONG" MOMENTS.**

**REFLECT ON HOW YOU HANDLE THOSE MOMENTS? DO YOU CHOOSE THE CURSE OR THE GIFT?**

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**Fuel Stop**



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### Chapters 6-11

**FUEL UP:**

WHAT IS YOUR VISION FOR YOUR LIFE?

IT'S OKAY IF YOU DO NOT HAVE AN ANSWER TODAY OR TOMORROW, BUT IT IS SOMETHING TO WORK TOWARDS.

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# FUEL UP:

YOU MIGHT FEEL LIKE YOU ARE  
RUNNING ON EMPTY. THINK BACK TO  
WHEN YOU ARE RUNNING ON A FULL  
TANK. WHAT DO YOU DO TO FUEL YOUR  
TANK?

TAKE A PAUSE IN YOUR DAY AND GO  
BACK TO THOSE FUELING MOMENTS.

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**FUEL UP:**

**YOU ARE THE DRIVER OF YOUR OWN BUS.**

**WHAT DOES THAT MEAN TO YOU?**

**WHAT MAKES YOU A GOOD DRIVER?**

**WHAT ACTIONS CAN YOU  
TAKE/MAKE TO BE A GOOD  
DRIVER?**

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# FUEL UP:

$E + P = 0$

WHAT ENERGIZES YOU? WHAT ONE PRACTICE CAN YOU COMMIT TO TO FUEL YOURSELF WITH POSITIVE ENERGY? COMMIT TO IT FOR 21 DAYS!

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**FUEL UP:**

**WE DRIVE WITH DESIRE, VISION,  
AND FOCUS.**

**WHICH ONE IS YOUR STRONGEST?  
WHICH AREA DO YOU NEED TO  
IMPROVE? HOW CAN YOU IMPROVE  
IN THAT AREA?**

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**FUEL UP:**

**WHO NEEDS TO GET ON YOUR BUS TO BE SUCCESSFUL?**

**BE INTENTIONAL WITH YOUR**

- > **INVITATIONS**
- > **ENERGY VAMPIRES**

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# FUEL UP:

NO ONE ENJOYS REJECTION, BUT  
THERE CAN BE LESSONS LEARNED IN  
EACH OF THESE MOMENTS.

HOW CAN YOU NOT LET REJECTION  
KEEP YOU FROM MOVING FORWARD?

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### Chapters 12-23

# FUEL UP:

IT'S NOT EASY GETTING PEOPLE ON YOUR BUS. SOME WILL JUMP RIGHT ON AND SOME MAY RESIST, BUT YOU MUST NOT LET THAT BRING YOU DOWN.

WHAT KIND OF VISION DO YOU WANT TO SHARE WITH YOUR TEAM? HOW MIGHT IT LOOK WHEN YOU SHARE IT?

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# FUEL UP:

**WE ALL EXPEND ENERGY ON SOMEONE OR  
SOMETHING THAT ENDS UP DRAINING US.**

**THINK OF A TIME WHEN YOU MAY HAVE  
WASTED ENERGY. WHAT DAMAGE DID THAT  
DO TO YOU? WHAT CAN YOU DO NEXT TIME TO  
HAVE A MORE POSITIVE MINDSET?**

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# FUEL UP:

WHAT EXCITES YOU? WHAT CREATES PASSION FROM DEEP WITHIN YOU? HOW DO YOU SHARE THIS PASSION AND ENTHUSIASM WITH OTHERS?

NOW, HOW DO YOU BRING THAT ENTHUSIASM AND EXCITEMENT EACH DAY?

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# FUEL UP:

WE MUST LOVE AND APPRECIATE OUR PASSENGERS.

WE DO THIS BY:

MAKING TIME

LISTENING

RECOGNIZING

SERVING

BRINGING OUT THE BEST IN THEM

OF THE ABOVE, WHICH IS YOUR STRENGTH AND WHICH  
IS ONE THAT YOU WOULD LIKE TO IMPROVE?

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# FUEL UP:

WE HAVE ALREADY DISCUSSED YOUR  
VISION--WHAT YOU KEEP YOUR EYES  
ON.

WHAT ABOUT YOUR PURPOSE, THOUGH?  
HOW DO YOU DRIVE WITH A PURPOSE?

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**FUEL UP:**

**WE CANNOT LET THE JOURNEY PASS US BY! WE MUST ENJOY THE RIDE, THE SCENERY, THE COMPANY.**

**WHAT ARE FIVE WAYS YOU WILL SLOW DOWN TO ENJOY THE RIDE?**

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