

The Energy Bus

by Jon Gordon

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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01

Write the route

Name the destination your team is actually driving toward this month.

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02

Choose the fuel

Pick one repeatable behavior that raises useful energy in the room.

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03

List the riders

Identify who needs to be invited, encouraged, or challenged on the route.

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04

Name one drain

Write the habit or conversation that is leaking team energy.

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05

Start with the destination

Open one meeting by saying where the bus is going and why it matters.

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06

Recognize one rider

Call out a specific behavior that helped the team move.

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07

Redirect cynicism

Ask for a constructive alternative when complaint becomes the room default.

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08

Protect the driver

Restore one personal energy habit before you lead the next hard conversation.

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