

ENCOURAGING QUOTES  
*and* MESSAGES *to* FUEL YOUR  
LIFE *with* POSITIVE ENERGY

# Stay Positive



JON GORDON    DANIEL DECKER



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WILEY

Cover design: Brandon Triola

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Published by John Wiley & Sons, Inc., Hoboken, New Jersey.

Published simultaneously in Canada.

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ISBN 9781119430230 (Hardcover)

ISBN 9781119431053 (ePDF)

ISBN 9781119431046 (ePub)

Printed in the United States of America

10 9 8 7 6 5 4 3 2 1

This book is dedicated to **YOU**. May the words within it inspire and encourage you to become all you were created to be. We believe in you! The best is yet to come.

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Gordon, Jon. *The Power of a Positive Team*, ISBN 9781119430247, Wiley, 2018

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# Introduction

**“We are not positive because life is easy. We are positive because life can be hard.”**

—Jon Gordon

This book isn't just a book of positive quotes. It's a resource you can turn to each day to help you improve your life and career by cultivating positive thoughts that help you overcome challenges, negativity, and adversity. The more positivity we develop on the inside, the stronger and more resilient we become in facing the world on the outside. Positivity is a muscle and we can develop it.

It's not about being Pollyanna Positive. It's about the real stuff that



makes a proven difference in our perspective and our lives.

*Pessimists don't change the world.*

*Critics write words but they don't write the future.*

*Complainers talk about problems, but they don't solve them.*

Throughout history, we see that it's the optimists, the believers, the dreamers, the doers, and the positive leaders who change the world.

The future belongs to those who believe in it and have the belief, resilience, positivity, and optimism to overcome all the challenges in order to create it.

That's you.

But this isn't just about you.  
When we develop positivity within



ourselves, we can share it and impact others.

This book and the thoughts within it are meant to be shared.

Our hope is that the quotes in this book encourage you and inspire you to encourage others. We filled this book with a series of inspirational messages that you can read anytime you need a boost. You can start from the beginning or open the book randomly to any page and find a message that speaks to you.

There is a power in positivity. Let's start fueling up with it today!

—Jon and Daniel



## 5 WAYS TO BE MORE POSITIVE

1. Count your blessings. You can't be stressed and thankful at the same time.
2. See your challenges as opportunities for growth.
3. Don't listen to your negative thoughts.
4. Feed yourself with positive encouragement.
5. Choose faith instead of fear.

Three things you control every day are your **ATTITUDE**, your **EFFORT**, and your **ACTIONS**. It doesn't matter what others are doing or who you think is being unfair. Every day you can focus on being positive, working hard, and making others around you **BETTER**.



## 6 WAYS TO GET BETTER

1. Be humble and hungry.
2. Focus on your strengths and what matters most.
3. Tune out distractions.
4. See life and people as teachers you can learn from each day.
5. Help others get better.
6. Care more. Put more time, effort, and passion into your work and life.

I heard that on average one person will influence 80,000 people in the course of their life—enough to fill a stadium. But remember, even if you influence just one person you are a leader! Choose to be a positive leader and make a positive impact.

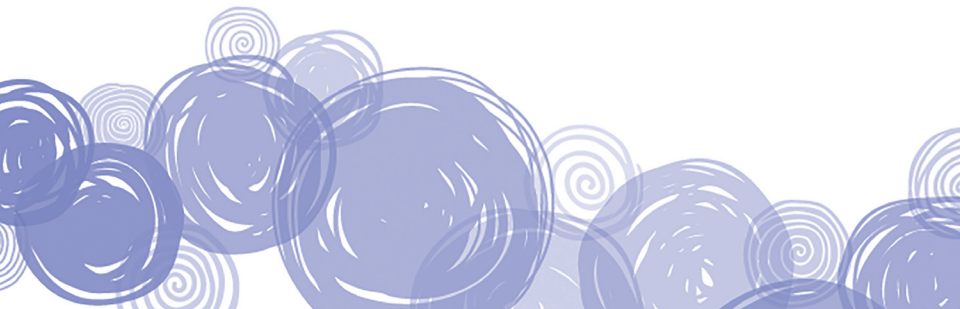


Positive leaders are great encouragers, which is something the world needs more of. With so many people telling us we can't succeed, we need to hear people telling us we can.

**Tell someone you believe  
in them today.**

Great leaders don't  
**SUCCEED**  
because they're great.  
They succeed  
because they  
bring out the  
**GREATNESS**  
in others.

**GREATNESS** isn't achieved by worrying what everyone thinks of you. Don't look outside. The praise, criticism, expectations—it's all just noise. Look inside to your **HEART** and soul and do your thing. Do it with **LOVE** and create greatness from the inside out.





## **Don't let negativity win today.**

Remember, it starts with you. If you are complaining you're not leading. If you are leading, you're not complaining.

One person can't make a team but one person can break a team. Stay positive! No energy vampires allowed.

**Now more than ever it is a time for action. It is a time for getting things done. It is a time to tune out the distractions and the noise from the doomsayers and the naysayers and focus on what truly matters and what truly will help you create success.**

God has something great for you but **YOU MUST TAKE ACTION** with faith and go through a battle to seize it. It's never going to be easy. It's not supposed to be. The struggle builds your character, fosters humility, develops your strength, and makes you appreciate the **JOURNEY**.

## 5 Fs FOR TEAM SUCCESS

1. **F**ight: for each other.
2. **F**aith: keep believing.
3. **F**un: enjoy it.
4. **F**ocus: tune out distractions.
5. **F**inish: strong.



Today, shift your perspective and realize it's not about having to do anything. Life is not an obligation. It's a gift. Replace **Have to** with **Get to**. Focus on gratitude and you'll find yourself feeling blessed instead of stressed.

## **Everyone says you can't.**

Until you do. Then everyone wants to know the key to your success. The key is you don't listen to everyone.





You have a choice. You can complain about things you can't control or **YOU CAN CONTROL WHAT YOU CAN CONTROL** and let go of what you can't. You can focus on your problems or focus on getting better. You can look for an excuse or you can look within and find your best.

It's a challenge to stay positive on  
your worst day and humble and  
hungry on your best day but this  
will help you keep going  
and growing.



If you believe your best days  
are behind you, they are. If you  
believe your best days are ahead  
of you, they are.






## 2 KEYS TO HELP YOU BE YOUR BEST

1. Failure is not meant to define you; it's meant to refine you. Sometimes you have to lose a goal to find your destiny.
2. Ignore the critics. Show up and do the work. You are here for a reason. You have a purpose and you are meant to share it.

Don't focus on the past, and don't look to the future. **FOCUS ON THE NOW.**

Success, rewards, accolades, fame, and fortune are merely by-products for those who are able to **SEIZE THE MOMENT**—not those who look beyond it.



The culture of your team will only be as strong as your relationships and commitment to one another.

*(From The Power of a Positive Team)*



A big part of positive leadership and grit is knowing that you will fail along the way. It doesn't define you; it refines you. Just keep moving forward.

Leadership is knowing that the critics will criticize you while still saying what needs to be said and doing what needs to be done. History doesn't remember the critics. It remembers the one who withstood criticism to accomplish something great.



Ignore the critics. Show up,  
lead the way, and do the work.  
**Repeat tomorrow!**

**People often say that adversity makes you stronger, but that's not always true.**

**Many face adversity and become fearful and fragile as a result. The truth is adversity makes you stronger if you learn from it, stay positive and resilient, and use it as fuel for your growth.**

Do it for the cause.

**Not the applause.**