



The Positive Dog: A Story About the Power of Positivity

By Jon Gordon

ISBN: 978-0-470-88855-1

BOOK NOTES:

Matt and Bubba

“You have to feed the positive dog inside you and starve the negative dog. The more you feed the positive dog, the more it grows. The more you starve the negative dog, the more it shrinks and weakens. You become the dog you feed, so feed the positive dog and your *big* problems will give way to blessings and a bright future.” (4)

The Benefits of Being Positive

“The research is clear. It really does pay to be positive. Positivity makes us happier and healthier.” (6)

“Negativity weakens our immune system, makes us feel more stressed, and saps our energy.” (6)

Simple as a Smile

“The research shows that we can actually mold our brains to be more positive by feeding them positivity each day.” (9)

“Your smile can be the source of your positivity, not just the result of it...Waiting for someone to make you smile is like sitting in a dark room waiting for someone to turn on the light switch inside you. You have the power to make yourself feel good. In fact, when you smile you produce more serotonin in your brain-serotonin is an antidepressant that makes you feel happier and more positive.” (10)

Feed with Laughter

“Laughter not only makes you smile more, it’s also a powerful way to feed the positive dog each day. Studies show that laughter improves your mood, reduces stress, boosts your immune system, relaxes your muscles, and adds joy to your life. Laughing is a priceless, free drug you can feed yourself anytime you want to feel positive.” (14)

Take a Thank-You Walk

“While you are walking you just think of all the things that you are thankful for. You think of all the positive things about your life.” (17)

“You don’t want to start your day thinking about what you don’t have and don’t like. That only feeds the negative dog. You want to start your day thinking about what is good in your life, what you are thankful for, what you appreciate.” (18)

“You can’t be stressed and thankful at the same time, so if you are practicing gratitude, you can’t be stressed.” (18)

“Create the right mindset, and feed the positive dog first thing in the morning.” (18)

Build Your Gratitude Muscle

“When you are grateful for the gifts in your life, big and small, you always find more things to be grateful about...abundance flows into your life when gratitude flows out of your heart.” (20)

“Gratitude is like a muscle. The more we do with it the stronger it gets.” (20)

A Day of Gratitude

“Feeding the positive dog really does make a difference, and gratitude is the ultimate food for those who want to be more positive.” (25)

Tell Yourself Positive Stories

“One dog loves the rain; the other dog hates it. Their perspectives determine their thoughts, feelings, and, ultimately, how they act for the rest of the day...How we perceive people, events, and situations determines our reality. That’s why I often say that we don’t live our lives based on reality. Nope. We live our lives based on our perspective and our perception of reality.” (28)

“If you want to live a positive life you must feed the positive dog with positive perspectives – and I’m convinced that these positive perspectives are influenced by the positive stories we tell ourselves.” (28)

Get to instead of Have to

“When you change *have to* to *get to* you change a complaining voice to an appreciative heart.” (34)

“Blessed instead of Stressed

“When you count your blessings you’ll reduce your stressings.” (36)

Turn Complaints into Solutions

“There are times when complaining is helpful and, with the right perspective, you can turn complaints into solutions.” (39)

“Make a pact with yourself that you are not going to complain unless you identify one or two solutions to your complaint (i.e. “No Complaining Rule”).” (40)

“Every complaint represents an opportunity to turn something negative into a positive and we can use complaining as a catalyst for positive change and positive action in our own lives, at work, and in the world.” (40)

Fear or Faith

“Faith and fear both believe in a future that hasn’t happened yet. Fear believes in a negative future. Faith believes in a positive future.” (44)

“When you choose faith, you tap into the ultimate food source to feed the positive dog inside you. Faith helps you overcome the fear that sabotages your joy and success.” (44)

“Best of all faith helps you turn challenges into opportunities, which is so important because if there is one thing that can cause us to feed the negative dog it is the challenges we face in life.” (45)

Challenges or Opportunities

“We have a choice. We can allow these challenges to destroy us or they can make us stronger – and it is our perspective that decides the outcome. We can choose to see adversity as just a challenge or as an opportunity that helps us learn, improve and grow.” (47)

The Positive Dog Grows

“Doing something you enjoy and being in the present moment are big positivity boosters – as are meditation and prayer.” (53)

“Positivity doesn’t just change you; it changes everything around you.” (55)

“Everyone around you benefits from your positivity. *When you are positive you not only make yourself better, you make everyone around you better.*” (56)

Positive Energy is Contagious

“Both positive and negative energy is contagious. Whatever you are thinking and feeling you are projecting to others and impacting them. That’s why positivity is not just about you. It’s about everyone around you.” (57)

Encouragement

“I have found so often that the difference between success and failure is belief, and this is often instilled in us by someone who encourages us.” (68)

Negativity Serves a Purpose

“Negativity actually helps you see and appreciate the positive. Negativity forces you to feel those painful emotions so you can recognize and appreciate positive emotions.” (74)

“Negativity builds character and strength when we persevere and overcome it, and facing negative dogs in the world causes us to build positive mental and emotional muscle.” (74)

“The key ratio to remember is three positive emotions for each negative one. People who flourished experienced a ratio greater than three to one...Teams that experienced interactions at a ratio greater than three positive to one negative were more productive and higher performing than those with a ratio of less than three to one.” (75)

Feed the Positive Dog (11 Day Action Plan)

Day 1: Take a Thank-You Walk – Take a walk and think of all the things you are grateful for

Day 2: A Day of Gratitude – Implement the “get to” instead of “have to” strategy

Day 3: More Smiles and Laughter – Laugh and smile for at least 10 minutes – Be a child!

Day 4: Celebrate your Success of the Day – Go to bed thinking positive thoughts

Day 5: Spend Time with Positive People – Positive people make us feel more positive

Day 6: Share the Gift of Kindness – Engage in five acts of kindness

Day 7: Smell the Roses – Spend some time in nature

Day 8: Take Out your telescope – Today dream about the life you want to create

Day 9: Make a Gratitude Visit – Thank someone who had a positive impact on your life

Day 10: Lose Yourself in the Moment – Choose an activity that will engage, interest and energize you!

Day 11: Be a Coach – Help others be their very best

Every Day: Pray – Daily prayer reduces stress, boosts positive energy; and promotes health, vitality, and longevity

BONES:

- **Positive or Negative: Whichever one you feed grows**
- **Positive dogs live longer, happier and healthier lives**
- **Feed the positive dog with real smiles and big laughs**
- **You can't be stressed and thankful at the same time**
- **Gratitude is like a muscle. The more you do with it, the stronger it gets**
- **Abundance flows into your life when gratitude flows out of your heart**
- **The story you tell yourself defines the life you live and the actions you take**
- **It's important to tell yourself a positive story**
- **Prayer and meditation feed your positive dog**
- **When you are doing something that interests you, you feel more positive**
- **When you are playing and having fun, you feel more positive**
- **Your kindness feeds others and changes the world**
- **Kindness is a gift that is always returned to you**
- **Feed your team with positivity**