

LEAD WELL

BOOK REVIEW

Positive Dog

Jon Gordon

KEY PRINCIPLE

Positivity is Powerful

HIGHLIGHTS

We all have two dogs inside of us. One dog is positive, happy, optimistic, and hopeful. The other dog is negative, mad, sad, pessimistic, and fearful. These two dogs often fight inside us, but guess who wins the fight? The one you feed the most.

Gordon gives practical ideas to feed the positive dog such as:

- stay in gratitude - it is like a muscle. The more you do with it, the stronger it gets. Abundance flows into your life when gratitude flows into your heart.
- be around positive people.
- share gift of kindness

To starve the negative dog:

- turn off constant news
- turn complaints into solutions
- see negative people as teachers to help you become more positive

The story you tell yourself defines the life you live and the actions you take. It's important to tell yourself a positive story.

Kathy Crockett

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