

The Power of a Positive Team

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No one creates success alone. We all need a team to be successful. We are better together, and together we accomplish great things.

**A positive , united team is a powerful team.
It doe not happen by accident**

Positivity is more than a state of mind. It is a power that gives teams a competitive advantage on business, in sports, creativity and life.

Positive teams are not about fake positivity. They are about real optimism, vision, purpose and unity that make great teams great. Positive teams confront the reality of challenging situations and work together to overcome them.

**Pessimistic teams do not become legendary.
They talk about and create problems but
they don't solve them.**

Relationship expert John Gottman found that marriages tend to succeed when the couple experiences a positive to negative ration of 5 : 1. They tend to end in divorce when the ratio is 1:1

The more you energize people in your workplace, the higher your work performance.

Many think that you have to choose between positivity and winning. You don't have to. Positivity leads to winning.

Positive teams don't happen by accident. They happen when team members invest their time and energy to create a positive culture, work together with optimism.

Positive teams commit to a mission and to each other, instead of serving themselves, they serve each other.

Positive teams have a lot of belief in each other, a lot of love for each other and a Lot of desire to accomplish something great together.

Your most important job is to create a culture and not just any culture. You must create a positive culture that energizes and encourages each other.

Culture is not static, you change it by what you say, you can elevate it by what you think, you can improve it by what you share, you can transform it by what you do.

No matter what kind of team you have, it helps to have talent. Culture drives your team towards greatness. Many teams with talent perform poorly because of a bad culture.

Many teams focus on the fruit (results) and ignore the root (culture , process, relationships)

As you create your culture, there will be outside elements that seek to sabotage it , there will also be negativity on the inside that can negatively impact the team.

The truth is that numbers and goals do not drive people. People with a purpose drive the numbers and achieve goals.

Too many teams get burned out because they forget their purpose. We don't get burned out because of what we do, we get burned out because we forget why we do it.

As a team, you should always carry a telescope and a microscope, the telescope for the farther away purpose and a microscope for the near term.

Egos don't get in the way of a team that is driven by a shared purpose.

Many negative thoughts we have come from fear. And fear is a Liar.

Too many teams are infected by the curse of experience. So, be a rookie and and try new things

**Great teams don't give in to a situation.
They don't give up when things look bleak.
They overcome the negativity with
positivity, belief and optimism.**

One of the most important decisions a team can make is to decide that they will not allow negativity to sabotage the team.

If transforming negativity does not work, you must remove it. This does not mean you care about the person, on fact it means you care more about everyone else.

**Conflict is necessary to have a strong team,
but constructive conflict.**

Positive and constructive conflict can make a team stringer if there is trust and respect.

**Connection is the difference between a
good team and a great team**

**The disease of me affects everyone.
Narcissism and self focus creates a
disconnect between personal goals and
team goals.**

Communication build trust, trust generates commitment, commitment fosters team work and teamwork generates results.

Positive , high performing teams are built through great communication, shared experiences, positive interactions, common challenges and vulnerable story telling.

Great teams have people who serve the team ahead of themselves. They sacrifice more for the good of the team.

Two words that are important to great teams , love and accountability

Positive teams in their quest for growth have a positive discontent. They always ask – what can we do better, what have we learnt?

If you have difficult conversations with your team, this leads to a positive growth for everyone.

**Good teams understand the difference
between disagreement and dislike.**

