



BEST-SELLING AUTHOR JON GORDON WITH HOST DON YAEGER

Don's notes and favorite quotes from this episode:

- “Have you ever noticed that overthinking is always associated with negative thoughts? We never say we have too much joy, or thinking too many happy thoughts.”
- “You can be in-person, but not connect.”

Reflection Questions: Jon suggests gathering your team and engaging in the following reflective exercise. Initially, take some time to contemplate and answer these questions on your own. Then, schedule a moment this week—whether during a one-on-one session or a team meeting—to discuss these together.

- Hero:
- Hardship:
- Highlight:
- Hope:
- Something Hilarious:

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“No matter where you are in your career, get a mentor— somebody that you look up to and can look out for you.”

-Deion Sanders