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The Grateful Leader: Using Gratitude Mindset to See Victory, Serve in Love and Lead in Peace

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Title of Project:

The Grateful Leader: Using Gratitude Mindset to See Victory, Serve in Love and Lead in Peace

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The Grateful Leader is a book manuscript. Every leader experiences a particular adversity that tests them to their limits, and it is in that place that they learn who they are and who they want to become. A leader's mindset can help or hinder them as they face adversity. We don't have a choice in what challenges or hardships come to us in life, but we do have a choice in how we respond to them. Gratitude is a tool that can increase resilience to empower leaders to overcome challenges with grace, hope, and confidence.

In *The Grateful Leader*, I share my transformative experience with gratitude and practical ways you can cultivate the gratitude mindset to help you persevere through any challenge. Grateful leadership is about what you can do to strengthen who you are as a person so you can be the healthiest version of yourself as you lead others. The framework of this manuscript includes a biblical elaboration of gratitude that coincides with the chapter theme, a grateful leader profile that depicts how gratitude practically elevates leaders, and

each chapter closes with gratitude activities to encourage practical strategies to cultivate gratitude. The project themes include: gratitude mindset, perspective, servant leadership, mindset, perspective, authenticity, servant leadership, habit development.

Leadership requires resilience. Leaders equipped with psychological skills, such as gratitude, are more capable of navigating through high-pressure situations and unpleasant emotions and have a higher level of resilience in challenging times. Grateful leadership embodied through a gratitude mindset provides leaders with a practical tool to build their endurance as leaders so when challenges arise, they can overcome them in a way that strengthens them and those they lead.

The Grateful Leader is a resource for leaders who struggle in or desire to operate in a higher capacity in the following areas:

- Serving those they lead when they've been disappointed.
- They are leading in peace when they battle with depression and anxiety.
- Leaders who need help to gain a new perspective when unexpected challenges arise

Keywords: leadership, gratitude, habits, perspective, resilience, gratitude mindset, faith and growth mindset.

