

## ATTITUDE OF GRATITUDE

In Chapter 7 of the *Guide*, we discuss the importance of developing a growth mindset, forgiveness mindset, and reflection mindset. Another important mindset to develop is one of gratitude. Research has shown that the best leaders show gratitude to their colleagues and peers.<sup>1</sup> This principle certainly applies to leadership in a variety of settings, including church, community, and certainly within our relationships and friendships. And, maybe most importantly, having an attitude of gratitude enriches our own personal lives. Use the following exercises to become more mindful and conscious about recognizing and expressing things and people you are grateful for.

List one thing you are grateful for that start with the letter below:

A	_____
T	_____
T	_____
I	_____
T	_____
U	_____
D	_____
E	_____
O	_____
F	_____
G	_____
R	_____
A	_____
T	_____
I	_____
T	_____
U	_____
D	_____
E	_____



QUESTION: How can gratitude help you develop leadership?

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Reflect on the following scriptures and quotes from church leaders. Jot down any thoughts you have about how gratitude relates both to your life and your potential as a leader.

"Could I suggest that we see gratitude as a disposition, a way of life that stands independent of our current situation? In other words, I'm suggesting that instead of being thankful *for* things, we focus on being thankful *in* our circumstances—whatever they may be." ~ Dieter F. Uchtdorf<sup>2</sup>

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"We can lift ourselves and others as well when we refuse to remain in the realm of negative thought and cultivate within our hearts an attitude of gratitude." ~ Thomas S. Monson<sup>3</sup>

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"By counting our blessings, we can more fully appreciate and enjoy our lives as we work toward greater unity, kindness, honesty, and tolerance." ~ Russell M. Nelson<sup>4</sup>

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“But ye are commanded in all things to ask of God, who giveth liberally; and that which the Spirit testifies unto you even so I would that ye should do in all holiness of heart, walking uprightly before me, considering the end of your salvation, doing all things with prayer and thanksgiving, that ye may not be seduced by evil spirits, or doctrines of devils, or the commandments of men; for some are of men, and others of devils.” ~ *D&C 46:7*

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“Thou shalt thank the Lord thy God in all things.” ~ *D&C 59:7*

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“He who receiveth all things with thankfulness shall be made glorious; and the things of this earth shall be added unto him, even an hundred fold, yea, more.” ~ *D&C 78:19*

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<sup>1</sup> Ulrich, Wendy. *Live Up to Our Privileges: Women, Power, and Priesthood*. Salt Lake City: Deseret Book, 2019. 133.

<sup>2</sup> Uchtdorf, Dieter F. “Grateful in Any Circumstance.” *General Conference*. April 2014.

<https://www.churchofjesuschrist.org/study/general-conference/2014/04/grateful-in-any-circumstances?lang=eng>

<sup>3</sup> Monson, Thomas S. “The Divine Gift of Gratitude.” *General Conference*. October 2010.

<https://www.churchofjesuschrist.org/study/general-conference/2010/10/the-divine-gift-of-gratitude?lang=eng>

<sup>4</sup> “President Nelson Recommends the Healing Power of Gratitude.” *The Tabernacle Choir Blog*. November 25, 2020.

<https://www.thetabernaclechoir.org/articles/president-nelson-recommends-the-power-of-gratitude.html>

