



GRATITUDE

PRACTICE CHALLENGE | 2024

GRATITUDE

We're all familiar with the value of gratitude. Studies consistently show a correlation between practicing gratitude and overall health. The simple practice of gratitude can be a game changer for working women navigating career and personal life demands, serving to combat stress, prevent burnout, and deepen our faith. Moreover, expressing gratitude in the workplace helps cultivate a positive work environment, enhancing colleague relationships, and fostering teamwork. Recognizing the support of friends, family, and mentors boosts your well-being and strengthens your network.

Focusing on the good amidst challenges can improve resilience and help keep you grounded in God's goodness. This month, we hope that by using this challenge to practice gratitude daily, you'll cultivate a habit that will carry you through the stress of the holidays and into the new year (and beyond!).

WHAT TO EXPECT

- Brief reflection
- Simple Challenge
- Prayer or Meditation
- Optional social media prompt to engage your community using the hashtag #leadgratefully

DAY 1

GRATITUDE FOR THE PEOPLE YOU LEAD

REFLECTION

Take a moment to think about the people in your work environment who look to you for leadership. Whether it's a team member, a mentee, or a co-worker, consider how the qualities you appreciate about them. While leadership practically involves overseeing people and projects, leaders who create positive, lasting impact are those who notice and acknowledge the strengths and contributions of others.

CHALLENGE

Write a heartfelt note, email, or message to at least one person you lead, expressing gratitude for their work or support. Be specific about how they contribute to the team or impact your organization and its efforts.

PRAYER

Lord, thank you for the people you've placed in my life to lead. Give me eyes to notice their unique contributions and to see them for who you've created them to be. Help me to honor them through my words and actions, showing appreciation for the gifts they offer and for simply who they are.

OPTIONAL SOCIAL MEDIA PROMPT

Post a short story about someone you're grateful for on your team and tag them using #LeadGratefully.

DAY2

GRATITUDE IN THE CHALLENGES OF LEADERSHIP

REFLECTION

Navigating challenges as a leader is inevitable, but it's also invaluable for cultivating deeper faith and growing in wisdom. Effective leaders are not those who avoid difficulties but those who confront them with humility and courage. Embracing challenges enhances problem-solving abilities, improves communication, and strengthens team dynamics. By learning to adapt and respond to various situations, you inspire those around you, fostering a culture of collaboration and continuous improvement. Ultimately, overcoming leadership challenges elevates your capabilities and empowers your team, creating a positive ripple effect that drives collective achievement and organizational success. As Christians, we can let the challenges we face sharpen our personal faith and amplify professed faith, creating a kingdom impact that expands beyond our work environment. Take a moment today to reflect on your current challenges and consider how they can shape you into a more resilient and wise leader.

CHALLENGE

Identify one recent leadership challenge and reflect on what you've learned from it. Share a lesson from that experience with your team or journal about how it has helped you grow.

PRAYER

God, thank you for the challenges that stretch me and shape me into a better leader. Give me the wisdom to see how you are at work in difficult moments, the humility to lean on you, and the courage to stand firm in who you are and who you've made me to be. Give me the grace to lead well in challenging situations and adversity.

OPTIONAL SOCIAL MEDIA PROMPT

Share something you gleaned from a recent challenge and how gratitude contributed to your leadership growth using #LeadGratefully so we can learn from you!

DAY 3

GRATITUDE FOR THE WORK
YOU'VE BEEN CALLED TO DO

REFLECTION

Whether you feel passionate about your work or are in a season of struggle, today is about embracing gratitude for the purpose and calling behind your leadership. Consider the unique ways you've been gifted, including all the opportunities for learning and honing your skills. Consider the path that led you to where you are today and how God has had a hand in your journey. And consider all the ways you can have an impact in your current role. Leading with gratitude includes recognizing the immense privilege of influencing others through your work, including those you work alongside and those who benefit from your work. It all matters, and it's all a piece of the work you've been called to.

CHALLENGE

Reflect on why you're thankful for your role and your impact. Write down three specific reasons why you're grateful for your current position, and take a moment to pray over them.

PRAYER

Lord, thank you for the calling you've placed on my life and the work I get to do every day. Help me to lead with purpose, acknowledging the opportunity to impact the lives of others.

OPTIONAL SOCIAL MEDIA PROMPT

Post about one reason you're grateful for your work, sharing how it connects to your calling or purpose. Use #LeadGratefully so we can celebrate with you!

DAY 4

GRATITUDE FOR THE SMALL WINS

REFLECTION

There's a profound mantra that celebrates progress over perfection. That's what we want to focus on today. Leadership is often about noticing and celebrating small victories along the way. Whether it's a tangible milestone or simply noticing a positive change in someone's posture, these often overlooked wins are the real markers of progress in our daily lives, adding up to larger outcomes. Recognizing and showing appreciation for progress, no matter how small, helps build momentum and morale within your team and cultivate a spirit of gratitude.

CHALLENGE

Celebrate a small win with your team or someone you lead. It could be something as simple as completing a task, overcoming a hurdle, or reaching a minor milestone. Make sure to express gratitude for their efforts, not just the outcome.

PRAYER

God, thank you for the small wins that remind me of your presence in every detail. Help me to acknowledge and celebrate progress, no matter how small, as I lead others with a grateful heart.

OPTIONAL SOCIAL MEDIA PROMPT

Share a small win from this week and tag someone who helped you achieve it using #LeadGratefully.

DAY 5

GRATITUDE AS A DAILY LEADERSHIP PRACTICE

REFLECTION

Today, we're focusing on integrating gratitude into daily life. Taking moments each day to embrace a posture of humility and reflection can help you recognize God at work in every thread of your life, including work.

Acknowledging the role of your faith—whether through prayer, scripture, or community—fosters your resilience against workplace challenges, reminding you that you are never alone in your struggles. Gratitude cultivates a deeper appreciation for your accomplishments and the people who support you, helping build stronger relationships with colleagues and loved ones. It allows you to see God at work in every situation, encouraging a mindset rooted in hope and trust in a story bigger than your own. By integrating gratitude into your daily routine, you empower yourself to navigate professional challenges and personal responsibilities with grace and strength. Embracing gratitude as a spiritual practice renews your mind to see and appreciate all the ways God is present in your life.

CHALLENGE

Create a plan to integrate gratitude into your daily leadership practice. This could include starting meetings with a "gratitude round," marking a regular day in your calendar to write thank you notes, or reflecting at the end of each day on what you're thankful for as a leader. Choose one small practice and commit to it until it becomes second nature.

PRAYER

Lord, let gratitude be the foundation of my leadership. May I lead each day with a thankful heart, seeing your goodness in every situation, and reflecting it to those I lead.

OPTIONAL SOCIAL MEDIA PROMPT

Challenge others in your network to adopt one small gratitude practice in their workplace. Use #LeadGratefully so we can share it with our network, too!



OH GIVE THANKS TO THE LORD, FOR HE IS GOOD, FOR
HIS STEADFAST LOVE ENDURES FOREVER!

