

This is issue #2 in the series on leadership and mindset.

A leader can be a better contributor, learn to leverage whatever is encountered and enjoy the leadership journey or experience by managing mindset and being resilient.



Court Leadership and Mindset

MINDSET AREAS IN THIS SERIES



About this Series on Court Leadership and Mindset

Being a leader implies that one has acquired and mastered the knowledge, skills, and abilities to deal with whatever comes along or any situation that arises. We quickly learn that additional mindset skills may be useful - attitudes, perspectives, and awareness actions.

These competencies may help us react to and leverage how we experience events, increase stamina, decrease stress, and expand satisfaction.

In this issue, purpose, motivation, and optimism are targeted.

This Issue: Purpose, Motivation, and Optimism



"People with purpose walk with an air of distinction, as if they have a why in every step."

John. C. Maxwell

- Goals
- Direction
- Affirmation

These actions may contribute toward having purpose, motivation, and optimism:

- Know your goal(s) and direction
- Define things and goals that matter most
- Write your purpose statement and review it daily
- Break your mission and vision into actionable goals
- Approach everything with curiosity
- Examine desires and motivations
- Choose optimism and "soak in" grateful feelings
- Practice positive thinking and gratitude
- Turn and view obstacles into opportunities
- Record things for which you are grateful
- Celebrate accomplishments
- Reflect on your experiences and growth
- Strengthen connections and networks
- Consider experiences as chances to learn
- Be around positive people
- Focus on the present
- Avoid dwelling on worry
- Project confidence and self-forgiveness

Try to employ these techniques:

- Link experiences to positive viewpoints and practice gratefulness
- See all situations as opportunities to learn, gain experiences, and grow
- Use affirmations and mantras to reinforce optimism

Resources

American Heart Association, Gratitude is Good Medicine, 2024; S. Anderson-Finch, K. Lenniger, M. Watkins, Should You Develop Your Leadership Strengths – Or Fix Your Weaknesses, Harvard Business Review, April 15, 2026; A. Chiu, How to Make Self Affirmation Work, Based on Science, May 5, 2022; J. Garfinkle, Reflecting in Your Year: How to End Strong and Start Fresh, LinkedIn, December 16, 2024; J. Gordon, 11 Lessons for Graduates and Anyone with a Dream, May 11, 2026; H. Mackay, Motivational Rules to Live By, December 12, 2022; H. Mackay, Positive Thinking Turns Obstacles into Opportunities, March 9, 2026; H. Mackay, Get Your Team to its Own Final Four, March 31, 2025; H. Mackay, Gratefulness Leads to Happiness, August 10, 2026; M. Roizen, The Power of a Sense of Purpose, May 19, 2023; D. Tomasulo, How to Cultivate Hope, Psychology Today, May/June 2023; R. Sumbot, Strategies to Lead Your Life and Conquer Overwhelm, Franklin Planner Lead Your Life, Fall 2025; J. Gordon, Positive Leadership Newsletter, Write