

# How To Be Grateful: Become A Better Leader By Expressing Gratitude Effectively

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## ***Forbes:***

Along with the turkey and the pies and the rest, Thanksgiving comes with a big helping of reminders that we practice gratitude every day of the year. And we should. Beyond being polite, gratitude has been shown to improve self-esteem, productivity, determination, optimism, happiness, and resilience, which all happen to be important attributes of successful entrepreneurs.

Increasing your capacity for feeling and expressing gratitude can be one of the most important things you do to strengthen your networks and relationships, and build a culture in which employees feel trusted and valued.

But like most things, the devil is in the details. How you give and receive that appreciation matters. “You often hear people say, just be grateful, but the nuances of how and where make all the difference,” says Todd Kashdan, Professor of Psychology and Senior Scientist at the Center for the Advancement of Well-Being at George Mason University, and the author of several books, including *The Upside of Your Dark Side*.

Read the whole story: [Forbes](#)