

3 Emotions at the Root of Success

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Inc.:

Yesterday, the final piece of a puzzle fell into my lap, a puzzle I've been working on for the past 10 years.

I've been trying to build a model for how emotions create success, but I kept on getting tripped up when I came to gratitude. I was categorizing it as a result of success or a form of success. And that didn't seem quite right, somehow.

Here's the missing puzzle piece: A study soon to be published in the journal *Psychological Science* proves that people who are grateful are willing to wait longer for a financial reward. In other words, gratitude creates patience.

Bingo. I'm now able to put gratitude where it actually belongs: as a source, rather than result, of success. This completes the following pattern:

Read the whole story: [*Inc.*](#)