



Transcript: Wake Up Happy with James Pawelski

HOST

Kym Yancey

SPEAKER

James Pawelski

PRESENTATION

Kym Good morning and welcome to *Wake Up Happy*. This is Kym Yancey. I am the cofounder and CEO of *Live Happy*. This is so much fun waking up with you and sharing ideas and insights and strategies about happiness. If you're new to *Wake Up Happy*, if this is your first experience, I want to say you're in the right place and you're with a great group of people. Hopefully you can feel the energy, the vibe, that's just going through the cellular lines and the computer lines of people plugging into it.

I really think of this as a mindful moment where we're all engaged; we're coming to the table. We want to know about things that are going to help us flourish in our lives and have a happier experience in everything we do. Believe me; we're in the

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right place. *Live Happy*, for those of you that are just learning, we are an international organization. We are focusing on raising the happiness on the planet and the way we do this is through numerous communication vehicles.

One of them is our website at livehappy.com. You'll find that that is a fantastic resource for you to plug into everything around happiness, the ideas, but in every area of your life, your finances, your health, your well-being, your relationships, your business, your career. We go to great lengths with our editors and our chief writers to make sure that we're providing you with content that is meaningful.

I'll tell you something that is really cool about what we do is everything we do is based on science, academic proof, and studies. So when we talk about happiness, we're coming from a place where we're really plugged into positive psychology and the research behind happiness, so that you're getting content that you know has really been battery tested, so to speak, and that is based on real science. That's one of the things that really separates us from anything that you might hear in the world of happiness.

The other thing I want to tell you is that we have a fantastic magazine. Simple title. It's called *Live Happy*. You can find it at places like Whole Foods. Here in Dallas, I

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know it's – not only is it Whole Foods, but places like Central Market and you can find it at Barnes and Noble. You'll find it in airports. It's available on the newsstands, a national newsstand magazine, and what I'm most thrilled about is all the people who are subscribing to it. All of that information is available to you at livehappy.com. You'll find it there.

I also want to acknowledge some people. It's really fun when I look at this and right off the bat I'm looking at some of the people that are tuned into our *Live Happy* segment this morning. First one I want to call out to is one of our featured writers with *Live Happy* and one of the top positive psychology experts out there. She's got books and papers on positive – on happiness and how to profit from happiness. Margaret Greenberg, up in Eastern Connecticut, so I'm calling you out. Welcome to *Live Happy* and *Wake Up Happy*, Margaret.

We've got Bill, Bill Kirk [ph], up in southern California. Jen – it's kind of cool, Jen. When you signed in you put in from the UP of Michigan. I guess that's the top of Michigan, but I'll go with the UP. That's good for me. Hey, we've got Min up in Toronto. We have James in Australia. Hi, James, I don't know if it's quite *Wake Up Happy* there, it might be *Wake Up* in the evening. Which, by the way, to my point,

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wake up is really the theme here. Whether it's morning or afternoon or bedtime for you, it's all about waking up and moving into happiness.

Then we've got Brita in London. I love this. Welcome, welcome, welcome to *Wake Up Happy*. I want you to also engage with us online. We share lots of insights to make your life more enjoyable. Our Twitter handle is mylivehappy or find us on Facebook by searching My Live Happy. I want you to know about that. This is day two of our *Wake Up Happy* series. Yesterday we had Dr. Drew Ramsey, if you missed that. He had some fascinating information to share about brain health and how food synergies create chemicals that make us happy.

I'm going to give you a couple of the cool points from this and that was, "We change the architecture of our brain by picking healthy food." Number two, when talking about sugars or artificial substances, he told us, "Your brain is your best friend; don't lie to it." Now, that was a pretty cool statement. "Your brain is your best friend; don't lie to it." Now, I asked him specifically. I said, "Listen. Given a choice, if you're going to put artificial sweeteners in your coffee or drink a Diet Coke, etc., are you better off with the real Coke or are you better off putting real sugar in your coffee?"

First of all, he's a big advocate for honey. Honey was the number one thing that he promotes as it relates to any kind of sweeteners. Honey. But of the two, he says, and he definitely was not an advocate for doing soda, but the point that he wanted to make is if you're going to choose, choose the real sugar option. If you're going to put sugar in your coffee, put the real sugar in your coffee, not the artificial stuff. In other words, don't lie to your brain.

I thought that was a real a-ha for a lot of people. Like, really? Yes. Yes, really. Then my favorite, "Brain health begins at the end of your fork." You know what, I mean, there have been lots of studies around this, but as high as 95% of all of your illnesses you eat them. They're on the tip of your fork. So that was some cool stuff that we've got from Drew Ramsey and that took place yesterday.

Okay, I want to also encourage you that when you hear stuff or stuff that – you know, the thing about happiness is one of the key components to happiness is sharing it. We're all going to hear information. We're going to hear ideas and you've got your own community. You've got your own tribe, so share this information with them. Post this information. Let's share it. Let's talk about it. Let's create real buzz about it.

Today's topic is what I call the – now, I shouldn't say I call, but our special guest, it's about the Positive Portfolio. That was so intriguing to me. The Positive Portfolio. Let me introduce you to our very special guest. I'm so honored to have him with us. His name is Dr. James Pawelski. He is the Director of Education and Senior Scholar in the Positive Psychology Center at the University of Pennsylvania.

He is the founding director of the Master of Applied Positive Psychology Program at Penn, the Founding Executive Director of the International Positive Psychology Association and a member of the steering committee of the International Positive Education Network. Pawelski is the sought after international keynote speaker and workshop leader who regularly makes presentations in Spanish as well as English. That means he counts as two.

He speaks widely on the fundamental principles of positive psychology, positive leadership, character development, and creating a strength-based workforce. His current research interests include the development, application, and assessment of interventions in positive psychology, the connections between positive psychology and the arts and humanities, and the philosophical underpinnings of positive psychology.

He holds a research grant on the topic of the humanities and the science of well-being toward a strategic collaboration for understanding, measuring, and cultivating human flourishing. We're going to be talking about human flourishing. That may be a new word, new term, that you've been hearing. We're going to talk a little bit about that, explore that. He's the author of *The Dynamic Individualism of William James* and the co-editor of *The Eudaimonic Turn: Well Being in Literary Studies*.

I mean, I just love this. I mean, we can stop there. I'm feeling like goose bumps just from your introduction, James. Welcome to *Wake Up Happy*.

James Thanks so much, Kym. It's great to be with you today.

Kym Okay, so I've got to ask you. Let's just begin with a basic thing. Do you wake up happy?

James Well, you know what? Sometimes you wake up happy and sometimes you have to wake up your happy, right? So there are times when I wake up happy. There are times, honestly, more likely than not, I have to do something to wake up my happy. So over the years I've developed a number of things to do to kind of get booted up in the morning.

I think that's an important thing because you know some people think, oh, positive psychology, happiness. This must just be something that everyone effortlessly does and you're feeling like a puppy wagging its tail all day long. It's important that people realize that there are some things that you can do to, again, to wake up your happy even if it doesn't wake up automatically with you in the morning.

Kym Yes, you know, that's something that's interesting with your field. I would imagine as you meet people and you talk to people, do you ever feel what I call like kind of pressure like, okay, I'm the positive guy and I've got to be up. Do you ever feel that or you just say, hey, listen I'm just going to be me and that just isn't how – being positive doesn't mean that you're always up, up, up.

James That's a great question, Kym, and I think it's a real – it can cause real problems. Look, imagine a motivational speaker who happens to have as his constituency, canines. So he's a motivational speaker for dogs and he goes in and there's this big convention. Three thousand dogs there and he's like, okay, dogs, I want you to all stand up and I'm going to teach you how to wag your tail all the time.

Kym Right.

James Well, that doesn't really do anything, right?

Kym Right.

James The reason dogs wag their tails is they're communicating something, so it's important to know when a dog is wagging its tail because it wants to and when the dog is not really into wagging its tail because it might have, you know, it might feel sick or something like that. We're not just about masking our real true emotions by wagging our tails all the time. On the other hand, it's a really interesting thing about human beings that we don't just kind of have to wait around for happy to happen. There are things that we can do. There are certain circumstances, where as it were, we can start in by wagging our tails.

Think about what happens when you meet somebody for the first time. You typically don't want to be growling at them, right? That's not a good way to strike up a friendship. You want to be putting your best foot forward or wagging your tail forward. So there are contexts where I think we can take action and help bring ourselves into a happier position, but we don't just want to feel like we have the pressure of smiling and being ebullient 24/7.

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Kym Okay, now, I know this has happened to you. Let me just say that this is something that I've experienced. I've run into people of late that just seem off the charts, what I call, happy. Just bouncing off the ceiling, just rah, rah, rah, rah. I remember saying to one person in particular, I said, "What do you do when you're not having what I call that happy day, that happy moment? You're having a down moment." The person turned to me and said, "You know, that's really difficult to me because I'm always up." And I'm like, I can't believe that. I mean, what's been your experience with that, what I call the always up? Are we missing and just being authentic? What's your opinion?

James Yes, look, I think there are individual differences with regard to the way people's moods are. Just like there are individual differences in terms of what time of the morning you'd ideally like to wake up, right? Or what kind of music you like, or how loud you like the music to be playing, or how many people you'd like to have with you while the music is playing, etc., etc.

So I think one really important thing to keep in mind with happiness is to avoid the kind of one-size-fits-all view where everybody has to be this way, otherwise you're just not quite where it's at. Different people have different ways of being happy.

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The way I understand happiness, I think it's the way you understand happiness, too, Kym. Again, it's not just bouncing off the ceiling and almost being manic, right, just being always.

The word happiness in our culture can mean that, but it can also stand for something broader and more varied than that and that is – you were mentioning earlier this notion of human flourishing, right? The Greek had a term for this. They called it eudaimonia. Eudaimonia. What they basically meant by that, again, oftentimes it's translated "happiness" into English, but it really means a deep sense of well-being, human flourishing.

You may or may not be having a peak mood right now, but your life in general is going well. Your relationships are going well. Your work life is going well. You're taking care of your body, as you were talking about yesterday's speaker and so on. It's really a broader kind of notion than just one piece of it. Again, a dog can be wagging its tail and that doesn't necessarily tell you how broad, or how deep, or how enduring the happiness is that it might be feeling.

Kym Give us a little background on the positive psychology industry. I'd like everybody to know. This is really, I mean, correct me. Late 90s is when positive psychology

really came into vogue or became an important part of our thinking and mindfulness.

James That's right, Kym. In the late 20th century, the focus of psychology became more and more on mental illness and pathologies, so how can we identify and cure or at least treat mental illness? Now, of course, that's a very important endeavor. We're all grateful to the psychologists who have contributed to this body of knowledge and practicing it, putting it into practice every day with clients and so forth; however, that's not the full range of human experience. There are human strengths. There's mental health.

It turns out that being mentally healthy isn't just the opposite, or the absence, of being mentally ill. We all know this in terms of our physical health, right? Just because we're not sick today doesn't mean we're as healthy as we can be. Again, referring back to what we learned yesterday, in terms of our exercise habits, our sleep habits, our eating habits, and so forth. It's really important to keep a balance on both a focus on understanding illness and how we can avoid it or treat it, but then also understanding flourishing and how we can cultivate that.

In 1998, Martin Seligman, my colleague here, a psychology professor here at the University of Pennsylvania, was the President of the American Psychological Association. In his presidential address he said, "Look, we're doing pretty well on the pathology side in psychology, but we really haven't done as much work as we need to on the human flourishing side. So let's have a part of our emphasis be that." He got a standing ovation when he finished his address and positive psychology has been really going strong ever since.

Kym Yes, now, at the University of Penn and Positive Psychology Center, what can you tell – because you guys are doing extraordinary work there in this field. What can you tell us about the Positive Psychology Center at the University of Penn?

James Yes, sure. There are a range of things that we do. A couple things that I'm particularly involved with, as you mentioned, I'm the Director of the Master of Applied Positive Psychology Program. Margaret Greenberg is one of our graduates, so we're happy to have her on the call. Each year we have 35 to 40 students, all around the world, who come to the program to learn more about the research in positive psychology and how to put it into practice in their own professional domains, whether it be business, or coaching, or medicine, or law, or education, etc.

Another thing that I'm really excited about is a project that I'm particularly leading is connecting up the science of well-being with the arts and the humanities. There was actually just a piece on this in *The New York Times* on Sunday in the travel section, covering some of the things that we're doing about how to experience an art museum in a way that really leads or contributes to happiness, right?

I know we all have the experience, I'm sure, of you've got one day, maybe an afternoon, to be in a world-famous museum, so you're trotting around from star piece to star piece and you get there and there's a crowd of people around and really all you can do is kind of lift up your camera and maybe take a selfie and then you're trotting off to the next one.

Is that really what art is about? Does that really help enhance our well-being or can we slow down and really focus in on the things that speak to us and connect more deeply with the art that way. You can read more about that in *The New York Times* article. I'll just mention a couple of other things that some of my colleagues here at the Positive Psychology Center are doing, Kym. We've just founded the Imagination Institute. Isn't that cool?

Kym It is cool.

James So, yes, it's a study in creativity, imagination, innovation. What is it? How can we measure it? How can we cultivate it in our kids, in ourselves, and so on? Another item you may have just heard is that Angela Duckworth, she's a psychology professor here and at the Positive Psychology Center. She's the one who developed the notion of grit. This passionate and persevering toward a long term goal.

She has just announced, it's just been announced, that she's going to be writing a book. So we're really looking forward to her book on grit, talking about her research. Then one final thing I'll mention is big data. This is where researchers look at massive amounts of information. I believe they looked at one billion tweets, just to give you an example.

Then you find out, you learn all kinds of things from analyzing this language. What kinds of words people tend to use and what kinds of words people don't tend to use. This is really bizarre. It kind of knocks your socks off, but they were able, my colleagues were able to predict the prevalence of heart disease county by county in the United States better by using these big data analyses than the Center for Disease Control is able to predict with their standard measure.

Kym Incredible. I love this kind of information. We've got to have you back doing more where you're just giving us the State of the Union on what's going on in the whole positive psychology – no, really. Just plugging us in. I want to talk about your Positive, what do you call it? You call it

James The Positive Portfolio.

Kym Yes, the Positive Portfolio. How does that work? Tell us about that.

James Well, first, let me tell you the story of how it got started, Kym, because I think it's really fun. About almost ten years ago, I had just arrived at Penn. I was working with Marty Seligman to develop this Master's Program in Positive Psychology and it turns out his wife was having some outpatient surgery done. I knew that Marty was going to be in the waiting room for a while, so a colleague of mine and I went over to visit him.

We started talking and we said, "You know, there really ought to be something that positive psychology can do for the waiting room." It's such a tough place to be. You're sitting there, and other people are sitting there, and you're kind of worrying, and worse case scenarios go through your mind. So we started talking and I said,

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“Well, you know what? Maybe this would help” and I told him about a story when I was early on in my career and I had just gotten a huge break. I was interviewing for a great job. It was kind of like going from single-A ball to going to the majors.

I was all excited about this interview, so I prepared for it in a number of ways, including doing my homework, so I was learning about what I needed to prepare and do the content, but then I also developed a portfolio. It was a manila folder and I just put in there pictures of people that I loved or who loved me. I put in there emails from people who were supporting me – “Hey, good luck on your interview.” Anything that would help me feel a sense of love and connection and confidence.

The half an hour before I went into that interview, instead of fretting and walking up and down the hallway, or sneaking out to the back alley for a cigarette, or something like that, I just went into that folder, Kym, and I started thinking about all these people that I had connected with who were so meaningful in my life and how they were wishing me well and I wish them well. It gave me such a sense of calm and confident energy when I went into that interview.

So I was telling Marty about this and he said, “Man, that sounds like a positive intervention. You guys should develop that and test it.” So that was the birth of the

Positive Portfolio. Since then, I've introduced it. Every year I've asked my students to do it in the master's program. So if you'd like, I'll just run through the directions on how to do it right now.

Kym Absolutely. Let's do it.

James Right. Cool. It's very simple. The bottom line is, first, you want to think about a particular strength like maybe love of learning, or curiosity, bravery, awe, or openness to experience. Any kinds of things like that. Or it could be a positive emotion that you want to cultivate in your life. So if you want to cultivate more calm, and peace, and serenity, or if you want to have more joy in your life. Anything you want to cultivate, to wake up, as it were, right?

Kym Right.

James You decide what that is. You write that down and then over the course of, say, a week you think about items that you could put into your positive portfolio. It might be emails that you've received, text messages that you've received, from people you care about. It could be cards that you've gotten in the mail. It could be even things

online or it could articles. It could be even artifacts. So it could be mementos or little gifts that people have given you or something.

Some people have wound up not just with a positive portfolio but really like a positive basket of things and that's fine. You can put music in there, movies or movie clips. Anything, again, that kind of cultivates that sense that you're looking to have more of in your life, that strength or that positive emotion. Then once you've got that together, then over the course of the following week, you spend at least 15 minutes every day immersed in some part of that portfolio.

It could be listening to the music. It could be reconnecting to the cards. It could be reliving experiences that you've had in the past. It could be anticipating things that you'd like to do in the future, but minimum of 15 minutes a day. You just focus in on that content. Then, say, at the end of that second week, when you've actually practiced it, then just kind of write down some notes. What have you experienced over the course of doing the Positive Portfolio? Have you noticed that these emotions, or this strength, have appeared in other kinds of ways?

I'll just say one thing, too, just kind of a tip. That is, don't hesitate to tweak things along the way. If you're getting into a rut and you're looking at the same card every

day for seven days, you might think at the end, okay, I remember that thing. So, mix it up. Think about something else or even add something to the portfolio. Just to keep it rich and fresh in your life and focused on those things that you want to wake up in your life.

Kym I mean, I think that is phenomenal. You talk about bringing, for me, bringing mindfulness to your life, bringing awareness, bringing – we just, don't you find, doctor, that so many of us, we pass the moments by. We don't allow ourselves to bring into our being the great things that are happening around us, and appreciation, and a great note, or a card that comes into you.

I'm telling you, the whole notion of now having this – I'm going to create a file today. It's going to be called My Positive Portfolio, and you know what? It gives me something to focus on as it relates to all these good things and, like you said, these clips. You know, I've already started collecting what I call great, positive movie clips that really inspire me.

James Yes. Great.

Kym I just think that's tremendous. Just tremendous.

James Kym, I think you're exactly right. You know, so many of us, we're living lives that are going very, very fast, right? We just really don't have time to stop and savor and reminisce. It's like – I kind of think it like we're walking around and we've got this treasure chest, and whenever somebody gives us a compliment, or we notice something that's especially noteworthy, we just kind of pop it into the treasure chest.

We're carrying this chest around with us and it's like we feel like we're poor, but if we only stopped and sat down and opened up the treasure chest and really accepted these gifts, these compliments that people have given us, these words of appreciation, these moments with our loved ones, with our children. This morning – my wife Suzy and I have a son who's almost four years old and, Kym, this morning he said – I was asking him how he was feeling. He said, "Daddy, I'm happier than happy." It's like, "Well, Liam, what is happier than happy?" He said, "I'm ecstatic."

Kym Yes. Yes.

James It's just moments like that, right? It's just such a beautiful moment of a father and a son kind of moment. We already have so much of what would make us feel happier

if we just sit back and took the time to open up that treasure chest and really focus on that.

Kym Yes. I'm going to pass something – you know, because I am so enjoying this, but I want to pass on a couple of quick tips between the two of us, doctor, just some ideas. One of them is what I call the candle. That is if you've got a candle and I've got a candle and yours isn't lit but mine is, I can lean over with my candle, light your candle, pull my candle back. I've lost nothing and I've lit you. Okay?

James That's right. That's right.

Kym My point in saying this to everybody is that the giver feels good. The person who receives it feels good, but the giver also gets the privilege, or I should say the incredible emotion of feeling like I did something to help someone else. So you get it twice. You get the giving and you get the feeling of well-being you get of I really made a difference there. When I hear these stories about the Positive Portfolio and this work, it brings to me just the importance of sharing joy with others.

What you've done with your son, and your son to have that experience, which also made you feel so good. His good feeling made you feel so good. I just think, the

thing that I love about positive psychology, I know for myself, is that just talking about it – I mean, doctor, just being on this line today, as people are starting the day, this is enough to really transform your feeling and your emotions about today. Wouldn't you agree?

James Absolutely. There is actually scientific research on this. Nicholas Christakis at Harvard and others who are looking at emotional contagion, and you're exactly right. The sad thing is, and culturally, we oftentimes, you know, we get to work and we're like, "Ah, the traffic. Oh, you should have seen it. Oh, it was terrible. People just don't know how to drive." That's a contagion that kind of spreads around the office.

If, on the other hand, we have that candle and we're lighting other people's happiness, kind of waking up other people's happiness, or helping them to wake it up, then that actually spreads and then it winds up creating a happier community for us to live in. One thing that I would recommend to everybody, try out the Positive Portfolio. Do it with somebody else, right?

Kym Yes.

James Get a family member. Get a loved one and create one together. That's another great way of doing it. My students have loved doing that. That way you're exactly passing it along right during the activity.

Kym Yes and, you know, I want to share this, too. Okay. I just feel compelled that when you get off this phone, okay, if it's a working person or whoever this may be, make sure you're looking at them in the eyes and slow down and say to them, "Hey, good morning. It's good to see you. I love that color you've got on." Or if you can tell them something kind or you know, "I always feel good when I see you."

Think of something really wonderful to say to someone, but slow down. Do it slower. Do it more deliberately. You know what I mean? Don't have one foot in and one foot out. Just be looking at that person. And for your loved ones, I'll tell you what. When I get off this, today happens to be my anniversary. I'm really excited. This is –

James Congratulations, Kym.

Kym Thank you. Thank you. It's a great time.

James That's great.

Kym For those of you that want to know the number, it's 37 years with my girlfriend. I got to tell you, I mean, she's – but I just know, it's so important to put one hand – just hold their face in your hands, and look at that person that you love, and just look at them and just stare at them, just for a moment, and just say, "I love you. You're so special to me." Slow down. I think the thing is for all of us A personalities, and I'm one of them, is you know what? There's nothing like being in the moment, right, doctor? Nothing like being in the moment.

James That's right. That's right.

Kym Okay, so listen. I'm going to give you a few things on to tweet about. So, first of all, "Don't wait around for happy to happen." I love that. I love what you said there. The other thing is I want to read you this quote from Doctor Pawelski and after we do this, I want to tell you about how you can sign up for *Live Happy* and get the magazine.

By the way, I want to share with you, listen, the reason why we do this is to share. We do this because we need each other. We need this kind of information in our

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lives. We need the stimulation and you know what? We don't have to go very far, do we, for us to have news that just brings us down. It's all around us. We need this and so, doctor, you're a gift. You're a gift to us this morning and all the experts that are coming into our lives and sharing this information and this deep knowledge, I am so grateful and so appreciative to what you're bringing to us.

I want you to, James, we talked about this at the end, I want you to summarize and give them kind of like their call to action for today, a specific call to action. You hit on some great things, but I'll let you synthesize this, but please join the movement with *Live Happy*. Go to livehappy.com and if you're not subscribing to our magazine, I just want you to subscribe.

I've got some gifts I'm going to give you. You get these three happiness reports, but we've got great stuff here for you so just – I'm going to ask you to subscribe and share this with other people. Sign up some of your other friends, but get them involved in this because through this sharing, we are going to make the planet a happier place.

I also want you to know that tomorrow for *Live Happy* we have Judson Laipply, who is the creator of the Evolution of Dance. Has over 280 million views on YouTube.

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You've got to see this. You'll love him and his philosophy. He's got a really powerful message, insightful message, around when he did that and how he's applied change and the evolution of his life and how that's impacted his happiness.

Then on Thursday, we have Michelle McQuaid, best-selling author. She focuses a lot on happiness around play and workplace well-being. Then on Friday we have Mary Jane Ryan. She's a best-selling author of *Random Acts of Kindness*. You'll be hearing from her. So here is the quote that I have from Dr. Pawelski and that's "Sometimes you wake up happy and sometimes you have to wake up your happy." Take the Positive Portfolio challenge to help wake up your happy.

Alright, Doctor, send us out here. What's our call to action for today?

James Thanks so much, Kym. It's been great to be with everybody. I just say, take the Positive Portfolio challenge. Think about a strength, or an emotion, that you want to cultivate in your life and start putting that portfolio together. Grab somebody with you and make it even more fun.

Kym I love that. Take the Positive Portfolio challenge and think about those strengths and those emotions, those positive emotions that you've got. Thank you so much

for being a part of this. We have to – and you'll be hearing from him. We'll be bringing him back. I don't even know if we're scratching the surface of what this man brings to the table. You'll be hearing more and more and more as we do this.

I want you to go out and have a fantastic day and just know that you're cared about, that you matter, that what you're doing is significant. We so appreciate you and have a lot of gratitude for you. With that, have a great day. Be back with us tomorrow. Wake Up Happy. This is Kym Yancey with *Live Happy* saying bye, bye for now.