



Transcript: Wake Up Happy with Judson Laipply

HOST

Kym Yancey

SPEAKER

Judson Laipply

PRESENTATION

Kym Good morning, good morning. It's always a great morning when you're waking up happy, right? It is such a decision that you got to make. I think from doing these *Wake Up Happy* sessions, it's very interesting what I notice that it's doing to me on a personal level and in our whole team here. If you could see us in here, we got Bridget who on her computer and she's looking at the chat, and she's pulling information. And then we've got Britney Chan, she is our project manager at *Live Happy* and she's working on making sure that all the slides and everything that we're going to be doing for those of you that are participating on this with your computer on your computer screens, you'll see things there. Those of you that are listening via telephone, we'll try to paint a picture in your mind to give you that whole theatre of the mind concept.

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What I find, and I'm curious if you feel the same way. I'd love for you to communicate back to us and, by the way, I'm going to give you something that we've not shared with anyone yet, so you're getting this; but we've created an email account and this is for really it's for me personally. It's called WakeUpHappy@livehappy.com, so WakeUpHappy@livehappy.com. That email comes to me personally. It's my personal little Live Happy box, and so it's really important to me that I know how we're serving you and what this all feels like to you and your thoughts and suggestions and all of that, or just to say I just love that show; what you guys were covering.

I will tell you what I'm noticing and I'm curious and I'd like to get some feedback from you on this is are you noticing that especially if you return for those of you that are coming back day after day for *Wake Up Happy* and if this is your first time here at *Wake Up Happy*, I want to say welcome. We love having you and appreciate having you here with us to share in this moment, but coming to a conversation like this immediately elevates your thinking. It elevates your mindfulness as it relates to happiness. It's like a dial-in, and I'm telling you all of us here are feeling that. It's a whole state, a mental state shift that says we've chosen happiness. We're bringing happiness into our consciousness. We are approaching things with happiness.

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We're smiling. We're greeting each other differently, and it's just something that's happening to us, and I've got to tell you I actually and we feel here the energy on the phone lines. We can feel it.

In fact let me just say to you, Trish up in Rhode Island, we see you. Welcome to *Wake Up Happy*. Marci in Puerto Rico, we've got you. Is that Sherri, yes, it's Sherri, right, in New York City. Sherri, welcome to *Wake Up Happy*. Edward, yes, Edward I'm talking to you in Manchester, England; how about Annie in southern California, welcome to *Wake Up Happy*, Annie; and Suzanne, Victoria British Columbia. Hey, we just got Byron is from London, England, so you know what I'm talking about.

By the way, for those of you that are honest and you're hearing all this energy around waking up happy, wake up is really a metaphor for us around wake up; like just wake up to what's in front of you and the opportunities in front of you and watch them unfold, because you're bringing happiness into your life. And so whether you're listening in the morning like a lot of us and especially out there in the west coast, or if you're listening to us in London where it's later in the day or wherever you might be, I just want to say that it's great to have you here; great, great, great to have you here.

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My name is Kym Yancey. I am the Co-Founder and CEO of *Live Happy* and I want you to know that throughout this get social with us. Tag us, our tag is WakeUpHappy. On Twitter it's @mylivehappy, so a little twist there, so @mylivehappy. Facebook is My Live Happy. Like us, friend us, but the most important thing is, and I've shared this throughout this whole series, that happiness is about sharing. So while we're participating in this together this morning, you sharing and Tweeting and communicating because when you put out a Tweet, we're going to re-Tweet your Tweet. This is all about how expansive and what kind of footprint can we have to get people engaged in what we're all experiencing here this morning.

I'll tell you we've got an exciting, exciting guest this morning. When you talk about having someone that's got over 280 million views on YouTube, I mean if you've not seen *Evolution of Dance*, let me just say that you don't particularly want to do now, because you'll miss the content of what Judson Laipply is going to be sharing with us, who we are interviewing, but you've got see *Evolution of Dance*. I saw this years ago and it continues to climb, climb, climb. It is the coolest thing and of course we'll address this with him and he's going to talk with us about that, but you've got to see it, so that's on YouTube.

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Now I'm going to give you a quick little recap, so we do this every month. We started it last month in September. We did five days in succession all built around happiness. This is our second series. We're doing five days around happiness. This is the third day.

The first day we had Dr. Drew Ramsey and all on food; fascinating information about brain health and how food's synergies create chemicals that make us happy. I want to give you a couple of the cool points that you can take for the day, and that is, we change the architecture of our brain by picking healthy food. First you actually change the architecture of your brain by picking healthy food. What did he say? Your brain is like 50% fat.

Number two when talking about sugars or artificial substances, he told us your brain is your best friend, don't lie to it. Now what he's saying is those artificial sugars are lying to your brain and he said, listen given a choice, you're going to choose between artificial sugars and regular sugar, go with the regular sugar. Really he was saying, and he was not saying I want you to go out and get a Coke or whatever drink you like, but the point of the matter is if you're going to go down that path, do the real sugar versus the diet sugar. Don't lie to your brain. Don't send it the false signals.

But his favorite sweetener was honey, so he emphasized the importance of honey. We covered a lot of them, so let me just give you a couple of the highlights. And then one of my favorites is, "Brain health begins at the end of your fork." It's like 95% of all of your diseases, our diseases, are at the tip of our fork. Put that in perspective. We're eating what takes us down.

Now he also, his books is *50 Shades of Kale*, really clever marketing there *50 Shades of Kale*, and a phenomenal expert. He writes for *Live Happy* and probably this is a good time to share with you with the name of this series *Wake Up Happy*, I want you to know that *Wake Up Happy* is really leading the global movement to raise happiness on our planet. That's what we do. That's what we're all about, and for us it's much more than the feeling happiness. It's a decision. It's an attitude. It's a way of life and our holistic science based approach gives you the keys necessary to unlock authentic happiness.

And we do this through our physical magazine *Live Happy Magazine*, which you can find at Barnes and Noble. You can find it at Whole Foods. You can find it in airports. We're going digital this month. I'm real excited. We'll be launching it at the end of this month and so that's going to really going to open us up worldwide

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with our digital publication of *Live Happy*. Listen, all you've got to do is go to LiveHappy.com, just know that address, get that in your phone, LiveHappy.com, and you're plugged into us with these calls and all kinds of events and things that we've got planned that make a big difference for us, so it's LiveHappy.com. You go in and get plugged in with everything we're doing.

On Tuesday our guest was James Pawelski, and he had some eye opening information and this is what he shared with us. He is the director of the Positive Psychology at the University of Pennsylvania, and he said to create your own positive portfolio to cultivate a strength or a positive emotion. I'm telling you right now positive emotions are critical to what's happening in your life; and when you open yourself up to positivity literally the science has proven that everything; your thinking, your clarity, your problem solving, your sales, your relationship with your family, your relationship with coworkers, everything improves when you re-wire your thinking and focus and attract positive emotions. This is something you work at and you'll hear more about that, but let me give you a few of his tips and then we'll get on to Judson.

"Happiness is not just bouncing off the ceiling. It is really a deep sense of wellbeing and human flourishing." Number two, "Don't wait around for happy to

happen.” I’ve shared this and I want you to really get this into your psyche.

“Happiness is not the prize at the end of the rainbow. Happiness is the gift at the beginning.” And lastly he says, “Sometimes you wake up happy and sometimes you have to wake up your happy”; sometimes you have to wake up your happy. I love that coming from him, so there we go. There’s some of our recap on that.

All right, so let’s get into this. Judson Laipply has a Master’s degree in education from Bowling Green State University and a bachelor’s from Bluffton University. He has been a professional speaker for over 15 years and has spoken all over the globe. He has been seen on the *Today Show*, *Ellen*, *Oprah*, and more. He is also the creator of the *Evolution of Dance*, the finale to his live shows.

A YouTube video of Judson performing the dance is one of the original viral videos amassing over 280 million views on YouTube and has been voted the best viral video of all time. He is also the author of *Might as Well Dance* and is currently working on a new book titled *Happy Senses*.

Judson, it’s so great to have you on *Wake Up Happy*, wonderful to have you here. Let’s just jump right into it. Let’s talk about happiness and what happiness—how you get started, how you engage happiness in your life.

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Judson First off let me say thank you so much for having me. It is great to be here and talking about something that I personally feel more people could definitely use more happiness. You can never have too much of happiness.

One of the things I think that what happiness is sometimes people try to simplify happiness, and I think that becomes more difficult when you try to simplify it because we're human beings, and human beings are a paradoxical combination of simple and complex; and so there are some very simple things about happiness, but there are also some very complex things about happiness. I always like to say that when you talk about waking up happy, a lot of times happiness can be a byproduct as opposed to a specific direction. Sometimes just a simple byproduct from a wakeup standpoint of a routine, of a nice morning routine actually can make people much more engrained.

I was listening to some of the things that you were talking about from the last couple of calls the last few days, and you know that happiness isn't a byproduct. It's not the gift at the end of the rainbow; it's a gift that we can give ourselves every single moment of every single day by choosing to be happy. Now that doesn't mean that things won't get in the way of that, and there are going to be things that

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might disrupt that, but a lot of times if people as they go through life, they just hope that they're going to be happy; and our own happiness is something that is directly related to the choices that we make, and so therefore I always tell people in certain aspects of life don't hope for things. Decide for things.

Kym Yes, don't hope for—I love that. Don't hope for things; decide for things, what a Tweetable statement that is, huh, Bridgett? Don't hope for things; decide for things. Go ahead, I'm sorry, Judson.

Judson It's a great personal statement, and there are some things in life where hope is a wonderful, beautiful thing, there really, truly are. I live in an area of Ohio called Cleveland, Ohio and we have lots of sport teams here, and I'm a big sports fan and every season for every team I hope; and then about halfway through the season, I stop hoping because they have a tendency to not perform very well. But I don't have any influence over those teams at all, so hoping for those things is totally fine, because it's outside my tier of influence.

But my own happiness, my own health, my own eating habits, those aren't things that I hope will be okay. Those are things that I have to decide to be okay, and

then end up happy to take the steps necessary in order to make sure that nobody puts the bad food on my fork and then says, "Here, you have to eat this."

Kym Yes.

Judson That's a decision that I make.

Kym Yes, I love that. I really believe and I'm so glad you focus on the decision because even little things like people saying to you you're going to be able to get by, I'll try to do it. I hope to get there, and I always tell people wait, wait, wait, wait. You're coming or you aren't. Make a decision. Once you decide I'm going to do this, that changes the whole dynamic, don't you agree?

Judson It does, and your brain science has shown that it changes the actual structure of your brain, or the architecture. The neurological pathways in our brain—we're learning so much about our brain, and we've learned more in the last five years than we knew probably in the previous 500 hundred years; and we're going to learn more and more and more. The words that we use, the semantics and those, and it's tough because we've been taught also in some cultures to not be boastful, to try to be humble. So sometimes we say I hope I have a good day; I hope it really

works out, even though in our mind we're thinking yes, I'm going to make this work. I'm going to make this happen, but we're trying to not to sound too boastful because we don't want people to look at us in a bad way, but it actually helps us when we say things like yes, I am going to have a good day, or I'm going to get over this.

Kym Yes, I'm going to jump to your viral video because your world, help me with this. My perception is your world changed like unbelievably what had to come to you, because like you said in the introduction I shared that it has been voted as the best viral video of all time. Talk about that; talk about the impact that had on you and how it's changed your shift of view, just fill us in.

Judson Sure, sure. So the long story or the shortness of the long story, but I began speaking back in 2000 while I was finishing up graduate school, and my first couple years I worked another job. I was speaking whenever I could, and I was trying to get that career off the ground, and I was pretty successful after the first few years; and so I went full time speaking in 2003; 2002, 2003. I had created the dance in 2001 to be the finale piece to what I learned in graduate school is a lot about how to get people to help them retain information; and our emotional brain, which is

when certain chemicals flood our brain, is a much stronger memory for attention than just a sitting cognitive brain so to say. So if people think back—

Kym So say that again, I just want to get—our emotional brain, repeat that statement for me.

Judson Yes, an emotional brain, which what emotions are taking place in your brain, is stronger for memory than a cognitive brain, so most people if they remember those great points of their life and extremely bad points, they're almost always attached or tied into an intense emotion of some sort.

Kym Right, got it.

Judson So I knew if I wanted to speak and I wanted people to remember anything, I had to somehow help give them an emotional brain. I personally don't have a sad story. I've been very fortunate in life that I've not had to deal with any great tragedies up to this point in time, and I didn't want to use somebody else's story, so I went the opposite route. I went for the laughter and the happiness factor to flood people's brains with dopamine and serotonin and all those great things that make us feel good, but also actually increase our memory.

So I wanted to do something at the end of the show that would be a lot of fun that would be very memorable and would be high energy and came up with this idea for the *Evolution of Dance*; just how dances had changed over time because I talk a lot about change sometimes. I started performing it and it definitely was a big crowd pleaser; people loved it, and what's nice is I did that for about another three or four years until around 2005, 2006 before I ever put it up on YouTube. So I was able to perfect it and really get the dance down and tweak it and make sure that it was best it could be, put it up on YouTube in order to put it on to MySpace page.

Kym Your MySpace page, right.

Judson Yes, that'll give you a little bit of a hint as to how long ago it was.

Kym Right.

Judson So after I put it up, I didn't think twice. At the time viral videos didn't really exist yet. They weren't something that people were talking about or passing around, and I got really lucky because unbeknownst to me that was also kind of the tipping point in 2006, the summer of 2006 was the tipping point for broadband and DSL

Internet access becoming much more accessible to everyone across the country and across the globe. And with the invention of YouTube and the increase in speeds of the Internet it made video online much more accessible.

Kym What is it about—?

Judson Or—

Kym Go ahead.

Judson Go ahead.

Kym I was going to say what was it, I know when I saw it, I wanted to share it, and that's one of the components to happiness really when you think about it, you made you me feel good. Your video made me feel good because I felt good and I didn't think of it this way until *Live Happy*. I wanted to share that goodness and that feeling of goodness and that laughter with others. Isn't that an interesting thing of how people wanted to share that because it lifted their happiness, it lifted their emotional well being, their mood?

Judson Yes, and that's what's so great about not just my video, but any viral video that people make a running joke of about how cat videos are so popular and they are. A large percentage of videos that people pass around contain cats, but part of the reason is is they bring us these moments of joy; and the greatest thing about joy, the greatest thing about happiness is that it's not a selfish thing. We don't hoard happiness. We don't hold on to it and keep it away from other people. It's something that pours out of us, and the more we share happiness, the happier we are.

There's a great quote, and it's been attributed to lots of people, Eleanor Roosevelt, but, "You cannot light another's path without also adding light to your own."

Kym Wow, "You cannot light another's path without adding light to your own."

Judson Yes, so you cannot do things that will make other people happy. Granted, we can talk philosophically, but there may be some situations where things get a little messed up, but for the most part when you do things to make other people happy, you're going to have some of that happiness yourself. They've done studies where they give people money and they say go buy something for yourself and then they

tested their brain. Then they said they gave people money and they said go figure out something to buy for someone else.

Kym Right.

Judson And the people who bought something for someone else had more happiness in their brain than the people who bought something for themselves.

Kym That is very important and we were talking about that whole theme. We did it the other day about the whole notion of the candle. If your candle is out and your candle is not lit and mine is and I lean over to light your candle with mine and pull back, I've lit your candle. I've lost nothing, so you're the receiver; I'm the giver, so the receiver is thankful. The giver feels good that your candle is lit knowing that the giver did something nice, but also the giver feels good about themselves, so the giver gets it twice. That's a great point. That's a great point.

Let me ask you about—

Judson You know what else as a little side note, if you've ever noticed and this is really truly what's powerful about the idea of happiness. When you have a candle like that and

if I have a candle that has a flame and I lean over and I put my flame in your wick and our two flames combine, the flame that we have together is bigger than our two individual flames.

Kym Yes, yes, yes, beautiful picture, yes. Let's talk about *Happy Senses* and your work around that, *Happy Senses*.

Judson Yes, it's just something I just started on. Actually this is one of the first times I'm really talking about it, so it works out quite well. I read a lot. I research a lot, and you always try to come up with fun ways to pass information along to people. I had originally started working on this idea, I first called it The Other Senses and that there are those senses that people have in life that are aside from our five basic senses that we're all born with. There just seems to be some people that other senses, and I then started developing more and more; and then I came up one day and just was like happy sense like makes a cool idea, so there are five happy senses. They are the senses that people seem to have that help them increase their happiness. The nice thing about all of our senses is we can hone our senses. We can train them. We can increase our skill level of those different senses.

So the five happy senses are a sense of purpassion, which is a new word that I made up.

Kym You called it purpassion, purpose and passion.

Judson Yes.

Kym Passion with purpose.

Judson Purpassion, one of those things purpose and passion are very closely tied together, and it's really hard to have one without the other.

Kym That's really cool.

Judson If you have one without the other, if you have purpose, but you have no passion, you'll have no motivation. You'll have no drive. If you have passion, but you have no purpose, you'll be like a Tasmanian devil just sitting around, this cackling of energy, so those two things really oftentimes need to be together; and you'll find most people that have one always have the other, and they feed on each other just

like those flames feed each other. Your purpose will feed your passion and your passion will feed your purpose.

Kym I love that purpassion, all right, number one.

Judson Yes, and it's a fun word to say.

Kym It is, purpassion.

Judson Then you have a sense of play, so my initial undergraduate degree is in recreation and leisure, and I'm a big believer in everyone needs to have some sort of play. By play to me the definition of play exists when you do something for no other reason than the enjoyment of doing it. You can quit whenever you want, there's no attachment to it from a monetary standpoint, from a work related standpoint, so some people call them hobbies, but they don't necessarily have to be a hobby. It can simply just be the act of play. Children are great at play because you can just go set a child down or a group of children for a while and they'll engage in all sorts of imaginative endeavors and all that sorts of play, so a sense of play.

Kym A sense of play.

Judson A sense of harmony, and the reason I like word harmony so much is we hear a lot about work/life balance, balance and if you look at the definition of balance, balance means equal. It means having the same amount of two things. Unfortunately you can't really achieve balance in life.

Kym Right, right.

Judson You'll never be able to work as much as you—like we don't have enough hours in the day, so harmony deals with frequency and intensity. Harmony is a combination of things that come together to sound or create a perfect experience, so with harmony it's kind of like you can have less time when you work out, but the intensity of your workout is key. They're learning a lot when it comes to working out, I'm a big exercise proponent, that a 20 minute extremely intense workout is as effective if not more effective than an hour long half intense workout.

Kym That's exactly right, yes.

Judson So it's not about the time, but an equal amount of time, it's about the intensity, and it can be the same with our relationships. Our relationships with people sometimes

you can spend an hour with somebody while you're both on the phone, you're both flipping through channels. You're both surfing the Internet and you might not get much out of that, or you can spend 20 minutes with somebody where you're doing nothing else but talking and you're engaged 100% in a more intense moment with that individual.

Kym Right.

Judson That's going to be more beneficial.

Kym Yes, put down those phones at dinner, put them down, stop, look up, put them down, put them to the side, look at each other. Look in each other's eyes, that's great. What's number four?

Judson Number four is a sense of perspicacity.

Kym What?

Judson Yes, it's another cool word that I thought of. It's perspicacity, so it's p-e-r-s-p-i-c-a-c-i-t-y, perspicacity.

Kym Perspicacity.

Judson So it sounds like a spelling bee word, doesn't it?

Kym Yes, perspicacity.

Judson What perspicacity is, it's having a keenness and an understanding of perception. And the reason I think it's very important is because perception as human beings is vital in the realization of how we view the world oftentimes is exactly what comes back to us; that our actual perception of the world around us creates part of our world.

Kym That's right.

Judson You're never going to create it 100%, but we find what we're looking for.

Kym Right.

Judson When it comes to happiness, if you perceive the world through the lens of I'm going to be happy, you can find things that will help make you happy. Are there going to be things that might make you sad? Yes, of course. Everyone has to deal with sadness in life.

Kym Yes.

Judson But some people, their only belief system, their only perception is that the world is a bad place, that the world is out to get them, and those are the people that sometimes we need to really help figure out how to shift their perception to look at the world in a different way, so that they can experience some of those happiness moments.

Kym Totally. That's great. That's great, so say it again, perspi—say it again.

Judson Yes, perspicacity.

Kym Okay, great.

Judson Or you can do perception, we can call it a sense of perception, too. Again, the perspicacity word, because it's not necessarily just perception. It's understanding how perception affects our world around us.

Kym Yes, that's great. That's great. I want to hear you do that three times fast, but anyway let's go to number five.

Judson Perspicacity, perspicacity, perspicacity.

Kym Okay, there you did it. Don't challenge me. All right, let's go with number five.

Judson And then the last one is a sense of gratitude.

Kym Yes, yes, yes.

Judson Gratitude is such an enormous factor in happiness, being grateful for the things that we have, being grateful for the health that we have. Yes, there are times when we're not as grateful, because just for whatever happened that day or we get down on ourselves, but there's always somebody that has it worse. There's always going to be somebody that's dealing with more than we're dealing with and we just need

to learn to be grateful for the things that we do have and try to find ways to show that gratitude to others as we go through life.

Kym Yes, that is such a core component to happiness is gratitude. I know we had Hyrum Smith in our first series, the co-founder of Franklin Covey and the chairman of the board there. I remember him saying, "Pain is inevitable; misery is optional," and having a gratitude.

I want to give 60 seconds, give me your biggest—I know we don't want to necessarily just use the hope word, but just imagine the whole notion of having a video that does what yours did 280 million plus views on YouTube, and that's very different, because you have to understand. You're talking about someone that is not a household name that drew, people came into you. They were pulled to you and they were 100% engaged in that video when they watched it. Give me your big ah-ha. That experience, what was the big learning for you from that whole experience? And it still goes on, but as a person how have you [indiscernible]?

Judson The biggest learning for me was it really enforced my understanding of my choice. I was extremely lucky to have something like that happen, and with any sort of success like that comes lots of new opportunities. I just had to make sure that I was

staying true to who I was and where I wanted to go and not get too overexcited about some opportunities.

I'll give you a good example. I got a call to be on *Survivor* or to submit to be on *Survivor*. That was the initial call, and I thought about it and I said no. It wasn't something I wanted to do; it wasn't something that I felt I should do, and they couldn't understand that and they called back a couple times and it kept going to a higher person to a higher person asking me why I didn't want to be on *Survivor*.

Kym Right.

Judson But it wasn't in line with who I was and what I wanted to do, so just chasing after something because it seems like a good idea or seems like something that I should want to do, it just helped reinforce that I need to make the choices that I need to make for me to go where it is that I want to go.

Kym Let me ask you something else because this is very important to happiness or success in life. When people say what do you want to do, I want to be successful. What do I want to do? I want to be happy. They never land on it. It eludes them because it's like the result; it's the thing that happens to you in the process of

serving, giving, living your purpose that kind of thing, so tell me. There's no way you could have known when you did that video. Seriously Judson, you couldn't have put that together thinking this is going to go viral and it's going to go crazy.

Judson No, not at all.

Kym So again it really demonstrates the whole notion of what you were doing for you, for serving, for the emotional enhancement of your audience and the emotional part of the brain resulted in that experience, which took you to a whole completely new level and change. Do you find that in your life that when you just go for being you, serving others, thinking of ways to make things better for others, that the outcome or the result is phenomenal things come to you unexpectedly, but phenomenal things happen to you?

Judson Yes, I think it is. I think all these things become a byproduct of your authentic self, and the hard part is is we talk about that and we tell people that and sometimes people on the back of their mind they think I'm going to do something nice for somebody else because I hope that maybe just maybe it'll make me receive those things. That's the hardest thing because it really truly has to come from 100% authentic desire to serve and give and show expression of love and happiness; not

be so that's how you do it, that's how you get those things. I guess I need to do this then, so that's what the difficult thing about it is we really want people to understand that doing those things really, really truly will, but that's not the reason that you should do those things.

Kym Right.

Judson You should do those things because you really want to do those things.

Kym Yes.

Judson You really want to serve.

Kym I will tell you my wife has a saying that I have really adopted into my life and it's really powerful, and you're nailing it with what you're saying, so let me summarize this by saying, "Giving isn't really giving until you give to someone who can never pay you back."

Judson That's great, it's perfect.

Kym Give to someone who could never pay you back, that's called giving, and what that's going to do to your happiness, so I think when we wrap this up is that it's important to know that as you go through your day and go through the things you do is happiness is all around you, so if you just begin with that gratitude. Great tips, the purpose, the play, the harmony, what was that fourth one?

Judson Perspicacity.

Kym Perspicacity, okay, and that gratitude. Stay right there, Judson. Judson is going to come back. I've asked him—I want to read you a quote. I want to give you a couple other things, but I've asked Judson to give us the call for the day. In other words, what are our actions when we hang up this phone I've asked him, he's got this thousands of people, he's got this worldwide audience. What are we going to do to create a sonic happy boom today, so he's going to give you some tips here in just a second.

What I want to ask you to do is this. I want to ask you to join the *Live Happy* movement, and all you've got to do is if you're not already a subscriber to *Live Happy Magazine*, I'm going to ask you would you do that? Will you come and subscribe. It's \$17.95, that's it, \$17.95. I just want to ask you to subscribe. It is

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not—hear me—it’s not about the money. What it’s about is—well, we do want to pay our printing bill, but what it is about is us sharing. It’s us getting this message out. It’s us feeding our emotional brains, our emotional happiness, the place we want to go in life, and I will assure you of this, what you’re going to learn for your business, for your career, for your finances, for your health, your wellness, your food, your plate, every aspect of your life. We align ourselves with the premier world leading thought leaders positive psychiatrists, academics, scholars in the world drive the content of this magazine; and that’s just the beginning of it, and then we’ve got it on the website.

What we’re doing here with the *Wake Up Happy* series, this is a gift. What Judson has given us is a gift at the insight. We can be on the phone with Judson for an hour or so and this is all about giving you some great information in a burst of time, but I just want to say I’d love for you to be a part of us. I do want you to come to send me a message, a personal message to WakeUpHappy@livehappy.com. That’s my email address, WakeUpHappy@livehappy.com. Send me an email and tell me if we’re on track. I really want to know.

All right, now, with that I want you to know that when you do subscribe, you’ll see that we’ve put together our editorial team, a great team, our entire staff there put

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together three happiness reports we're going to give you for free and just update you. I want you to know that once you subscribe to us, you're part of the movement. You're in and we're going to be updating you with things, and everything we update you with is stuff you can use, you can apply to your life and you'll look forward to receiving it.

Also tomorrow, I want you to know tomorrow we have Michelle McQuaid. She's the bestselling author of *Workplace Wellbeing*. She's a teacher and a playful change activator, so Judson, she talks about play. And then on Friday, Friday we have Mary Jane Ryan, the bestselling author of many books and she's going to be here and talking about the happiness makeover in your life, so great stuff to wrap up this series.

And then this quote from Judson and then Judson I want you to give us our call for today, what to do, how we're going to march off and get things happening from a happy standpoint. His quote is, "Life isn't always the party we hoped for, but while we're here might as well dance." You're great, Judson.

All right, what's our charge, what do we need to do?

Judson I think the two charges are this. Number one, make the choice to find happiness, so in your own brain say today I'm deciding to find happiness; I'm not hoping to find it. And then two, go find a way to do something for somebody else not because you want something in return, and it can be something as simple as sending a message via social media, or just smiling at someone, holding the door for someone, anything that you can find to do, do something for someone else. Take a moment afterwards to see how you feel and then go do it again.

Kym God, I love that. Share with us. Remember our Twitter handle is MyLiveHappy and use our hash tag WakeUpHappy. We'll re-Tweet, we Tweet for you to our followers. That's how we're doing it. I love that, Judson. Hey, listen, partner, I have a lot of gratitude and I so appreciate you.

Everybody, let's just make this an unbelievable happy, emotional experience for everybody we come in contact with. Put that smile on.

With that till tomorrow, be happy. It is a choice. Bye, bye for now.