



Transcript: Wake Up Happy with Mary Jane Ryan

HOST

Kym Yancey

SPEAKER

Mary Jane (M.J.) Ryan

PRESENTATION

Kym Good morning, good morning. This is Kym Yancey with *Live Happy* and it is such a pleasure to have you with us for this, our fifth day of our five day series of *Wake Up Happy*. It's been one invigorating week. I've got to tell you our entire team, our staff—I shared this yesterday, just preparing and getting ready and getting set to dive into happiness, which completely affects all of us and it moves us into a mindful space where you're really thinking, you're in the moment. We're not thinking about the past; we're not thinking about the future. We're right here in the moment with you. I hope that if you've been part of this throughout the entire series, our first series in September, it was a tremendous, tremendous success. Thousands and thousands of people from all over the world were on the line.

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This is our second series and we're really clear that we're going to continue to do this every single month. I'm excited to say that every single month we're going to carve out five days to do this *Wake Up Happy* series. We've already booked all of our guests for November and December and we're finishing out on January. It's just going to be tremendous. Frankly, we have to do this for us now. We're so connected to this and so emotionally invested in the feeling of talking about happiness and the things that we learned that we couldn't stop if we wanted to, so I hope you're feeling the exact same thing.

Listen I've got some call-outs for some of you that, let's go right to Ginny. I love this, Ginny in UP of Michigan, you've been with us all week. I just want to say it's a pleasure to have you here. We feel your energy, so that's Ginny up in Michigan. We have Rhonda in Vista, California; Byron, you've been on every single week. This is Bryon up in London, I should say across the pond over there, so Byron in London. We got Suzy in Dallas, Dallas the home of the headquarters of *Live Happy* right there in Dallas, so Suzy it's sweet to have you. Thomas in Ottawa, Canada, Thomas, welcome and David in Detroit, let me give you one more. In Mexico, Vallar, welcome to *Wake Up Happy*, it's great, great, great to have you here. We just grab names from all of you that are registered and so we hope we get to your name one of these times when we're doing this.

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I also want you to know that I have an email address that it really means a lot to me to make sure that we're serving you in the highest level. The email I want you use, and this goes right to me is WakeUpHappy@LiveHappy.com, so WakeUpHappy@LiveHappy.com is the email that comes to me, so tell me what you're thinking. Tell me what you're feeling, ideas that you've got, just any little happy thing you want to say or any little thing you want us to improve on, just share that. I read every single one of those one. They mean a tremendous amount to me.

We have a fantastic guest, too, today. I'm really excited about M.J. Ryan really talking about the founder of the Acts of Kindness movement, and she'll fill you in. Her story is so fascinating, but what we're going to do on this particular session is really get into what we call a happiness makeover, so just buckle in.

Let me also tell you that this week I'm going to give you a brief little recap of what's happened. For those of you that have been coming here every day, you know what's going on. I know that we've got listeners that today is your first time plugging into this, so let me say you're in the right place. This is all presented by

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Live Happy Magazine. Live Happy is an organization. We're completely focused on doing one thing, and that's raising the happiness level on our planet.

We've got enough negative news to last us for a lifetime. There's no place that any of us have to go to find something negative or something to bring us down. What I find is that happiness is something that we have to work toward; we've got to bring into ourselves. Dr. Pawelski from the University of Penn he said something I never forgot. We were having dinner one night and he looked at me and he says, Kym, you've got to understand something. He says happiness is not for sissies. He says happiness takes work, and I just never thought of it because, honestly, I got to tell you if I were to ask any of you on this line who is afraid of happiness, none of you would raise your hand.

None of you would say I'm afraid of it, but I would challenge that notion and say, yes, I think you might be and you don't realize it, and here's what I mean. It's most people when you ask them are you happy to be happy, would you like to be happier, the answer is typically yes, and then you delve into why aren't you? What it is? That forces you to take a look at some things going on in your life. It forces you to take a look at your relationships, your career, what you're doing, what's happening between your kids and you, what's happening with your mother and you and your father, and all these things in your life. It makes you look at them and say

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there are a few things here that I need to focus if I'm going to be happier, or there's some changes I've got to make because there's either some sacrificing or something that I'm not bringing into my life that I know that would make me happier, but I'm not doing it.

Do you see where I'm going? That happiness takes a commitment and it takes an awareness and a mindfulness so you can bring it into yourself, and M.J. is really going to dive into this for us.

So I also want to tell you we have incredible engagement with our Twitter and it's so cool when you get social with us and I just want to invite you to tag us. Our tag is WakeUpHappy on Twitter. You can find us at MyLiveHappy with Facebook; it's My Live Happy, so you can find us there. I want you to know from a resource standpoint we are so here to guide you that after these *Wake Up Happy* sessions, we've got LiveHappy.com; and I want to invite you to come to LiveHappy.com. You will absolutely just fall in love with the content here that our editorial team has put together. We've got an ace editorial team that not only feeds the digital side of us with our website, but also with the content of our physical magazine.

I want you to know if you're not getting or you're not seeing this *Happy Magazine* today, you can go to places like Whole Foods, Barnes and Noble, airports, it's at major retail outlets all over the country. And later this month we're actually releasing our digital form of our magazine, which takes us worldwide, so it's a physical publication. It's one of the things that we do, and we've got all kinds of cool things that we're rolling out that serves in the world of happiness.

I am going to ask you, I'm going to ask you to do something really goofy. We started this and it's building for us, but I call it to take a banana picture. This is really, now listen, if you go to my Facebook page, you can see some of the banana pictures and I'm trying to think where else. I don't know, I think we posted some at LiveHappy.com, but really it's taking a banana and it doesn't really replace your smile. You put the banana just a little bit below your smile, but the curve up, the smiley part of the banana, don't do it the other way, the frown part, do the smiley part. Send me some banana pictures and for now just send them to my email account WakeUpHappy@LiveHappy.com and I'm going to get those things up.

We got some big plans with these banana pictures. I'm telling you people just love it and Shawn Achor, who wrote the book *The Happiness Advantage*, came into our office and he took a smile picture, so we're doing more and more of these smile

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pictures with bananas. You'll be hearing more about it. We've got some big, big plans with these banana shots, so if you're happy and you know it, show it. Get that banana and smile with it.

But anyway Clara Soroski has been on fire capturing Tweetable moments. A lot of the things you're going to hear from M.J. are going to be Tweetable moments. I'll try to bring some of those out for you and highlight them for you. Lisa Craig, she told us yesterday that her jolt of joy is listening to the *Happy* song by Pharrell and drinking coffee out of her happy mug. I've got mine happy mug and my coffee brewing and I bet you got yours too. Maybe you have tea.

Michelle Roofer sharing the wisdom of these calls to her followers, and she takes the wisdom and I love that because sharing happiness is one of the tenets of happiness. It's one of the key components to happiness is that you share it, and as we do these sessions and you hear stuff and things that excite you and invigorate you, share it. Tweet it out. Facebook about it; talk about how it's impacting you.

Valen Bishop is recapturing our calls to action. You know at the end I'm going to ask Mary Jane to give us our call to action of two or three things she wants us to do

when we hang up from this call today, and so Valen is capturing our calls to action. It's really, really, really great.

All right, so with all of that, are you ready for our special, special guest? This is one incredible lady. Her name is M.J. Ryan. She is a bestselling author of many books, including *Random Acts of Kindness*, *Attitudes of Gratitude*, and her latest, *The Happiness Makeover*. As a member of the International Coaching Federation, she is a Contributing Editor to *Health* and *Good Housekeeping* and has appeared on the *Today* show, CNN and hundreds of radio programs. And now, M.J., you get to add *Wake Up Happy* to your list. I'm proud to say we're excited.

She works as a coach to individuals and teams around the world to help them increase fulfillment and success. So, M.J. let's start, I just want to know how did you get in this space? Tell us about your beginning.

M.J. It was a complete and total accident is the reality. I was kind of your average unhappy person and I owned a book publishing company, and we were trying to come up with an idea to publish for a book; and we saw the phrase, "Practice Random Kindness and Senseless Acts of Beauty" and we said, "Wow, what a fabulous book idea. What if we brought people together to have them tell their

stories of kindness that strangers had done for them and publish it in a book?" And we did, but we didn't know we were starting a movement, so suddenly there were thousands and thousands and thousands of letters arriving in my office. All of a sudden I was on every TV and radio station in the country, and I thought I have to do these things. I can't just talk about them. I have to actually try and do them, and so I started doing all kinds of random acts of kindness and I got happier and I thought that's interesting.

I thought happiness was a mood that had to do with what the external circumstances of life were, right? Like if everything was wonderful, then you could be happy; and because everything was not wonderful, I was miserable, and that was when I began to see there are actions we can take and there are things we can actually do on a daily basis to make ourselves happier.

So I thought besides kindness, which is so simple, what other simple things are there right in front of my nose that I don't know, so that's when I started to look at gratitude, at being thankful and that worked, too.

Kym Right, right.

M.J. So I just experimented my way and did a number of things, which now positive psychology tells us are the actual actions that help us become happier, but it was accidental.

Kym First of all, the world thanks you for starting, for being the person to drive the acts of kindness, the random acts of kindness. I have to ask you something. Do you find that this is true for you, so you do a random act of kindness and you're the giver, because you did that, the other person is the receiver of that; but because you gave and you feel good about that, do you also find that you get a second hit of positive mood, positive emotions really about yourself, not only [indiscernible], but about yourself as a person you're doing something nice, so it's like these two waves of joy and well being. Do you find that?

M.J. I think yes, and I think that part of what motivates me to whether it's about optimism or gratitude or whatever is that I do want to be the kind of a person who is influencing myself in a positive way, and I appreciate myself when I do, yes, absolutely.

The other great hit is thinking about the effect on the other person, so that's the best thing that's so great to me is the happiest thing is really recognizing the positive effects that I might be having on somebody else.

Kym Exactly, and the ripple that is potentially being created right there and the—

M.J. Absolutely. Yes, the ripple is real. One of the most powerful things that ever happened to me is that in this pile of letters I got for years from the book, I got a letter from a kid who had just graduated from high school; and he wrote to me and he said that he had been going to kill himself, but his mother gave him the book for his graduation and just reading about other people being kind made him realize that life was worth living. And that was when I realized every single thing we do goes out in ripple into the world; we just don't generally get to know what the effect we're having, and I was just lucky enough to have the bounce-back.

Kym Yes, I've got to ask you. With your travels and things like that and you're sitting next to someone on the plane and you start inevitably somehow they find out what you do, and they start asking you questions. How often do you hear from people where they tell you, "I'm not very happy," or, "I've really been going through depression" and they're sitting next to you, and they say, "Oh my gosh, it's not accident that I'm sitting next to you." Tell me about your experience with that, M.J.

M.J. I think that one of the things that I have been lucky in my life because of the work that I do now with people is to really, and that's why I wrote this book, *The Happiness Makeover*, is to really begin to help people recognize that no matter what's going on, even if life is really, really hard, and this is where the practice of gratitude I think is the most helpful instant happiness booster, is that we can make ourselves feel at least a little bit better. One of the things that I talk about with gratitude is that it isn't that it's either that everything is wonderful or everything is terrible. Gratitude is shining the light of your attention on the things that are good in your life no matter what else is going on.

Kym That's a Tweetable moment. Please say that again and slow it down.

M.J. Yes.

Kym I love that.

M.J. Gratitude is not an and experience, not an or experience, so no matter what else is going on in your life, what can you enjoy and appreciate right this second. I learned it from my dad when he was dying. I was in the hospital with him. He was dying of emphysema and I blurted out the words, "Is your life still worth living?" I don't know why I asked him. I guess because he was going to teach me this really

important thing, and he said, "I like to watch the ballgame on TV. I like to read the comics in the newspaper. My life is good."

Kym Wow, wow.

M.J. He knew he was dying. He wasn't pretending that he wasn't in a really terrible, awful circumstance. He was looking at what can I still appreciate anyway besides this other thing, and that's when I really learned that our ability to say yes, all this is true. It's hard; this is difficult. We all have a lot of difficult circumstances and what can we enjoy and appreciate. That's the lesson.

Kym I love, this is much bigger; that statement, what can I still appreciate anyway. Things aren't the going the way I want them to go. My life maybe may not be working the way I want it to be. My finances are really kicking me in the butt right now.

M.J. Exactly.

Kym What can I still appreciate anyway? You're leaving, you're driving to your office whatever you might be doing, whatever you're going to be experiencing today. No

matter what you're faced with, what can you still appreciate anyway? I love, love, love that.

M.J. And then we're going to feel a little bit better in the circumstances.

Kym Yes.

M.J. Yes.

Kym Yes, yes, yes, that is—gosh, that one is going to be my new little mantra here; what can I still appreciate anyway. Take us through your whole process, the happiness makeover. Tell us what that all is and how it works.

M.J. Yes, what it really is is about saying, okay if you want to become happier, it's very easy. We can do a number of these simple things, but it's based on the understanding that in brain science now is that different ones of us are born or raised to have either optimistic or pessimistic views and it's lighting up different part of the brain. So if you're naturally pessimistic and unhappy, you can test yourself when you're starting to have those thoughts to put the brakes on—errr—

and then say wait a minute what can I—so the process of gratitude is the easiest one, what we just talked about.

But we can also say what's right about what's going on, what kind thing can I do for somebody else, how can I look at this and trust that it's going to work out all right, so it's about catching yourself if you have this negative negativity bias, catching yourself when you do and starting to think about an opposing thought that you can believe that will then begin to really track you more and more and more and more towards happiness, building these new pathways, so it becomes more automatic.

Kym Do you have a personal little phrase to use when you find yourself going down that path that you say to yourself specifically—

M.J. Yes, for me it's about oops, wait a minute, I'm going down that negative road, because I definitely have that as a habit and saying for me it's about what can I enjoy and appreciate right now. Or what can I—I guess the biggest one for me is how can I trust that this will work out, because I'm a big worrier, so worry is always about the future, all these terrible possibilities that could maybe occur. In my mind, I can't tell you—I live in California. I can't tell you how many hundreds and hundreds of earthquakes have happened in my mind, for instance, when I'm away

from my child because I'm afraid. And there's been zero of them in reality, so when I catch myself having a worried thought, I go in this moment, in this moment right now we're okay. She's okay, I'm okay; like that.

Kym Here's the thing: we all have these thoughts. We all have these things, so yours is oops. That's your trigger to yourself. You know it; you identify it. That's part of it, isn't it? First of all just identify it. Stop it in its trail. I'm going down there, oops, stop. By the way, I just want to share with the audience, I say, "Cancel, cancel." So my little trigger word is cancel, cancel. That's what I do, so catching yourself, all right.

M.J. Catch yourself and substitute an opposite, an opposite because otherwise you still stay there. You can be aware, but it's still happening, but you've to give your brain something else to think about, something positive.

Kym Yes, yes, that's the key. Give your brain something else to think about, yes, yes, move it, okay.

M.J. Yes.

Kym All right, so let's continue on, so as you continue with the makeover, what—

M.J. I think that what happens is that's it; that's the whole thing. It's just—

Kym Oh, that is the whole thing. I love it.

M.J. You've got these deeply grooved habits towards negativity and then you catch yourself red light, stop, substitute a thought, a possible optimistic, joyful, enjoyable, grateful, happy, any of those positive emotions; and the more you do that, then the more you won't have to catch yourself so often because you create the new pathway that makes it easier. So for me I've been doing this now for like 20 years, so I've had a pretty good built in circuitry to the positive now. However, under stress, when things get really tough, that old pattern comes back, so you have to catch yourself again and say yes, it's happening again and put back all the good things you know that work.

Kym Right, right. Talk to me about pessimists. Can pessimists become happier?

M.J. Yes. There is absolute research that there's a thing called learned optimism, and the way you do it is exactly catch yourself, etc.; and the interesting thing about

pessimists is that they do three things in their thinking to create pessimism. When something bad happens, we think it's permanent, so it's always going to be bad like this. It's personal, it's happening to you personally because life is trying out trying to get you essentially, and what's called pervasive, meaning it's not just this one thing that's bad. It's that everything in your life is bad. So that's the way pessimists create their own negativity; and so learned optimism is about when you catch yourself having those thoughts, reminding yourself, one, it's not personal. Lots of people are having financial trouble, or are sick, or having problems with their family, or whatever it is that you're going through, recognizing you're not alone. It's not you personally.

The second, it's not permanent, things change and permanence as the Buddhist said is the law of life, so no matter what somehow it's going to change. And it's just this one part of your life, which is what the gratitude practice reminds you of. It's just one aspect of what's going on. It's not the whole thing, so when you remind yourself about those three things, then you bring yourself into a more positive space.

Kym Yes, let's talk about friends for a second for all of us and understanding how as part of your whole makeover strategy around paying attention to the words and the

conversation that's taking place around you. Oprah is famous for her quote, which she says, "When people show you who they are, believe them."

M.J. Yes, of course, there's been lots of interesting research recently that says we really do catch our feelings from our friends, and when we're around people who are happy, we tend to feel happy; and when we're around people who are miserable, we tend to feel miserable.

Kym I need to stop you on that. We do catch our feelings from our friends. I've never heard it stated that way. Yes, continue on with that.

M.J. That's because our emotional system are what's called an open loop, meaning with their influence from the outside by other people, whereas if I just stand next to you, my breathing doesn't necessarily regulate to yours or my temperature, but my feelings do without knowing it. We catch our feelings from the people we hang out with, so we can spiral down. I have a teenager, so I see it, the teenage angst, they catch it from each other and they confirm it. Life does suck; it's awful, yes. Or yes, I'm happy and then I'm going to help you feel happier, too, just by being in your presence.

Kym You just mentioned something. How old is your teenager?

M.J. Seventeen.

Kym Seventeen, all right, so you're in that prime age right there, so what kind of advice can you give all of us parents out here about the teenagers? I've been around my share of teenagers who will say I'm not very happy right now and all the hormonal stuff and everything. What are some of the tips that you might have as it relates to helping our teenagers become a little more happier?

M.J. Remembering, you remembering it's not permanent. This is a phase of life, so it's not permanent, and helping them also hopefully. So people often ask me about the happiness makeover about helping other people be happy, especially parents about their kids, like the teenagers and young adults, I've had lots and lots people saying I need my daughter to be happier or whatever. We can't make someone else happy, and we can't lecture them to become happier. That definitely backfires, but what we can do is ask questions, the kinds of questions that draw their attention to the thoughts that make them happier. So, "What did you enjoy today, dear?" is going to give you—not like you should be enjoying your life, but what did you enjoy today? What did you learn today? What is interesting you

today? What's exciting to you? Anything that gives them the possibility of looking at the right side, the good side.

In my house we started the practice of gratitude when my daughter was very, very young, which is at the table at dinner, we say one thing we're thankful for. When she was tiny, she couldn't speak and she would take her little finger and point it to everyone at the table, but now we still do it, so even now she's 17, she knows she has to come up with something she's grateful for that day; and that helps her keep her mood up.

Kym Let's talk about right now in this second, this moment and everyone listening all over the world; in fact I'm just going to take a minute and just give a birthday shout out to Kathy, who's driving a—now listen to this. Kathy is driving a water truck in a rock quarry right now. Happy Birthday to you, Kathy, I just want to say that.

And also another great Tweetable thing that you said here is, "It's not permanent, it's not personal, it's not pervasive," so that's powerful. But right now in this moment, what are some things that you want people to know that can help make you happier right this moment, some thoughts. We're hitting on lots of things, but

is there anything else specifically that you want to add to this equation to make yourself happier right now in this moment?

M.J. I think that really to go back to the kindness thing, which is how can we get out of ourselves and go out into the world, whether it's a smile to somebody that you are sitting next to, or an appreciation to a friend, or a thank you to someone we love, how can we extend ourselves to others, and that instantly will make us feel better.

Kym Let me ask you, too, our goal, and I know your mission. You want to make this world a happier place. As you think about that, as you think about raising happiness on the planet, is there one or two things in particular that you think if we could trigger, of all the people on this phone, on this call listening and on their computers and driving and everything else, that they could do to contribute to it. Is it the smile? Is it the universal smile? What are the things that come to mind to you that if I only I could get millions of people to do this every day?

M.J. I think it's express appreciation to the ones we love, or strangers, or people at work, or people who come across our path because there's such power in noticing you have, boy, you have beautiful eyes, and sometimes I say things like that. I just say what I noticed to strangers, so something appreciative about them, and their smile

becomes, it's just amazing to see them light up and glow because someone is noticing them. Someone is noticing who they are and something about them. Or I say to people, "Wow, I noticed how considerate you're being to everybody in this line" or whatever. I don't know, I just try to notice something specific about people, whether it's someone I know or someone I don't know and point that out; and that to me is such a powerful thing because so many of us are not recognized and appreciated.

Kym You know, you just hit the nail on the head with this, and you are so right. I think all of us, clearly appreciation, lack of appreciation, and as you said, being grateful, but appreciate; and I love your whole thing around noticing something and being very specific about what that is. I love your eyes, those are beautiful shoes, you're right. Just think, ladies and gentlemen, if all of us did that, if all of us today just went out out of our way and just doled out statements of appreciation and gratitude and looking for things that we can talk about; the color of their hair, that beautiful bag they're carrying, or whatever it is, because clearly we're starved. We are a starved world around appreciation and so often I think people feel invisible. They just feel invisible.

I just noticed, I happened to be in Sacramento this morning and I'm speaking at an event today. On the plane we're all looking at our devices. We're all doing the things that we do and just when the person sitting next to you just really just saying good afternoon, good morning, or I hope you're having a great travel day, that kind of thing.

M.J. That's right. That's right. Yes.

Kym Okay, so all the things that life throws at us, is there any other advice that you want people to be mindful of that we've not covered that you want to make sure they get?

M.J. I want to circle back around and say that this is not to say that we don't have difficulties and suffering and challenges and have real reasons not to be happy all the time. I don't believe in being Pollyanna. I think that those things are real and true and negative feelings are useful. They're actually to protect us from harm, but we don't have to stay—the problem is when we reinforce them and stay stuck in them essentially, so this is about how do you both be true and acknowledge the difficulties and then figure out how can I really boost myself up so that I can handle the difficulties.

Kym Totally, totally, totally. All right. M.J., I want you to think about we're going to have you give everybody what I call their call for the day, their action steps for today specifically to plug into in just one moment. I want to let everybody know that our next *Wake Up Happy* series will be November 3rd through the 7th. You can go to LiveHappy.com. You can register for it now. We have an events tab on our site that you can register for November 3rd through the 7th. These are all free. We have an incredible group of people dealing with everything from forgiveness to incredible motivation. We have a three time Super Bowl champion, who is going to really share some exciting information. I think there's Bubba Paris and we're dealing with everything from the goddess of happiness, it's just all over the board, so November 3rd through the 7th will be our next series.

We've been having lots of people asking us about recordings, because we understand that you register for these sessions—now, you can hear this. You're on the line, but of course this being recorded, so I've got some exciting news for you. What I want you know is all of you that are subscribers to *Live Happy*, this is one of your subscriber benefits. We're going to send you—not only are we going to send you the audio of this so you can hear this, but everything is being completely transcribed, so not only do you have the audio and you'll have the written.

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We went a step further and we actually had a graphic artist take graphic notes kind of like an infographic of our conversation, so you're going to have graphic notes, you're going to have transcripts, and you're going to have audio, all our gift to you, because you're a subscriber to *Live Happy*.

If you are not currently a subscriber to *Live Happy Magazine*, would you please join us and be a part of it, because I want you to know a couple of things. The moment you subscribe, you are now part of the happiness movement. You are now part of helping to make the world a happier place, because we're going to give you content and information that is really going to inspire and uplift your life in every area in your life, every area, but you're also going to get all this stuff. You're going to get the audio and the transcription from the call and the infographic that we've created. All of that is going to go to you.

Here's the thing. For those of you that aren't subscribers, you got to do it by midnight because of all the work that we put into this to get those out, and it's a benefit to our subscribers, so if you're not a subscriber, go to LiveHappy.com. Subscribe today. Just do it before midnight, and this, by the way, it takes no time. It takes no time. Subscribe. It's only \$17.95. It's six issues. We're a bi-monthly

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publication, but we want to have a relationship with you, and we're going to keep doing things like this and other things and we have other programs that we've got coming out.

By the way, our editorial team put together three incredible happiness reports that you'll love exclusive that we've created. This is all going to come to you just for being a part. I hope you like this enough that you want to be a part of us. That's our hope, and if we're not doing the kind of work and serving you in a way that makes you want to become a part of us, please tell us what we've got to do, because you're too important to us. We really want to have you in our life.

Now with that, just remember if you're not a subscriber, do it before 12 midnight tonight. With that, I want to read you this from Mary Jane, I love this quote she gave us, and then I'm going to ask her to give us our action steps for today. Here's her quote: "We can be happier because we can grow and change until we take our very last breath." I'm going to read that again; I love that. "We can be happier because we can grow and change until we take our very last breath." Mary Jane Ryan, M.J.

Mary Jane, it is great having you here with us, and give us as we go about our day, what do you want us to do? What's our call to action?

M.J. I think today it's go out into the world and do something nice for somebody else and notice how that makes you feel; and if it makes you feel happier, do it every day.

Kym That's great. It's the simple things, these are easy to do and I love it. I love it. I love what you bring to us. I love what you do to enhance our world. I so appreciate you and I have much gratitude for the time you gave us.

M.J. Thank you, Kym, and I thank you for all the great work that you do in the world, too.

Kym I love it. I'm smiling like a big old banana. Okay, everybody, have a fabulous day. We'll reconnect with you November 3rd through the 7th. Please share it. Have a fantastic weekend with much love and gratitude, bye, bye for now.