



Transcript: Wake Up Happy with Michelle McQuaid

HOST

Kym Yancey

SPEAKER

Michelle McQuaid

PRESENTATION

Kym If no one has said to you good morning, this is your official good morning wake-up call. This is Kym Yancey and welcome to *Wake Up Happy* brought to you by *Live Happy*. It is so great to have you here.

The first thing I want to do is, if this is your first experience with us, your first time participating in one of our *Wake Up Happy* sessions, you are in the right place. I'm telling you right now, just the mere fact that you're here, here's what I can tell you, your happiness is going to improve. We're going to elevate the way you feel about the day, this moment, the people you meet. It's all going to happen just because you're bringing mindfulness to your day right now by being here with us

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right now. I'm going to applaud you and say, great. We love having you, we love having your energy.

For those of you that have been engaged and part of *Wake Up Happy*, from our first series back in September, to this our second series, I want to say aren't we having some fun? Back from my music days, some of you know that I used to be in a musical group on Capitol Records. The group was called Sun. If you ever want have some fun, you can go to YouTube and just put Sun, s-u-n, Sun on *Soul Train*. We were a funk band back in the late 70s and the 80s. I'm the drummer. I'm the guy with the big hair and the goatee on the drum set in the back.

There you go, now you have some stuff on me. What I'll tell you is, one of the terms we used to use when things were going good was, "Aren't we funky now?" That's some real old school stuff. I'm just here to say to you that we're having so much fun with *Wake Up Happy* and the information that we're learning, the insights, the strategies; it is such an honor to be able to really—I can't think of a better word to describe this but I call it to be at the feet of these masters, of these positive psychologists, these experts, these scientists, these world-renowned thought leaders on the topic of happiness.

You know what really makes it special in our view? Is that it's all based in science and fact. Everything that we talk about as it relates to happiness, it isn't that it's just a cool thing to do. This is a very smart thing to do. Truly, I think happiness, and it's proven through the studies and through academic proof and all the research done in this area, that happiness truly is the precursor to success.

But people hear this, so how do you apply this? How do you bring this into your life? How do you make it work? Everything that we're doing is around this notion of taking this incredible lubricant that we call happiness, that makes everything in our life work better when we bring mindfulness and we bring emotional positivity into our lives. This is great.

We've got a fantastic guest with us, Michelle McQuaid. Listen, she is in Australia. So when we're talking about *Wake Up Happy*, it's 1:30 or so in the morning there. She's got a great head start on all of us. We have nothing on Michelle. What an honor and a privilege to have Michelle with us. I'm going to tell you more about her because this is one super lady here. You're going to hear about what's been happening.

I want to also say if this is your first time and you're hearing the words to live happy, I want you to know that *Live Happy* is all about making our planet a happier

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place. This is a little small goal, actually a big bodacious idea, to make our world a happier place. You know what? We're doing it. You being here with us this morning, you're part of it. Just being here, you're part of it.

People are going to feel your glow, your halo, your energy, your vibe and you're going to help to permeate this whole feeling around happiness and making the world happier. Now what we do, what we have is, one of the things we've got that makes this process work is we communicate with you through our magazine. We have an incredible magazine, world-class magazine. The name is *Live Happy*. You can find this right now at Barnes and Nobles. You can go to Whole Foods stores. It's in a variety of stores all over the country. You can find it at airports.

Let me slow down. Okay, I'm especially excited that we have our digital version of the magazine is getting released this month. Our team, our incredible team, at the *Live Happy* headquarters in Dallas, Texas, has been working on this, our technology group. The digital edition of *Live Happy* is rolling out this month. You'll be hearing more about that. That really opens us up, really, really with worldwide easy communication, easy access to *Live Happy*.

You can get the printed magazine, but you now also get the digital magazine when you subscribe to the physical publication or if you just want the digital, you'll

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be able to get that. All of that is going to be at livehappy.com. Just watch for it at the end of this month, okay? I'm talking like the 26th, 25th, 26th of October. We're off to the races there; very, very nice.

We do events. We're doing these *Wake Up Happy* sessions. We've got some cool things. We've got some surprises we're unveiling at a huge event in California next week at the Long Beach Convention Center. There'll be thousands and thousands of people. We are rolling out a new thing called, Our Happy Notes. I'm going to show those to you. I'm going to get those out to you. You're going to love these. I'm not going to say too much about it because I know there's some people that are listening that I want them to experience them live, what they're all about.

We also have a phenomenal new holiday gift book that we're just finishing called *Live Happy: 50 Facts and Quotes All Based on Positive Science*. Beautiful book. With the holidays coming especially, you can give people a bottle of wine, right? You can do that kind of thing or cookies. Now you can give them the gift of happiness between our magazine and our new gift book. I mean, we've got it covered, to give them something totally, totally unique.

I want to say hello. Okay so, Andrew, this is my little shout out. Our team has grabbed some names of people that are on the line with us. So Andrew in—is that Brisbane? Brisbane, Australia? Hello, welcome. Michelle, you're not alone. You have someone else—.

Michelle No.

Kym We have, Phyllis, Lincoln, Nebraska. Welcome to *Wake Up Happy*. Gloria, Orlando, Florida, back four days in a row, they say. Gloria, you are something else. Love it. We have Jonathan, Portland, Oregon. Great Jonathan. Stacy in Vancouver. Lisa in Nova Scotia. Hey, Byron in London, is back again. Hello, Byron, it's great to have you across the pond, as they say.

I want to say to you; yesterday I gave out, for the first time, my e-mail address. I want to give it again. I loved it. I got some e-mails yesterday and I'm going to tell you, especially after our conversation with Judson Laipply, who shared everything around happy senses and the day before that when we had James Pawelski, who shared about creating a happy portfolio.

These e-mails meant a lot to me. I printed them off because you were saying some wonderful things about the impact that *Live Happy* is having in your life. I

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want to encourage you that when we're finished with our show today, tell me what you're thinking. Share with me what you're feeling. Tell me about any ideas that you have or things that we can do to make it better for you and serve you better. Send it to wakeuphappy@livehappy.com. That's right and it goes right to me. Wakeuphappy@livehappy.com.

Also plug into what's happening with us from a social media standpoint. Tag us at—our hash tag is [wakeuphappy](#), with Facebook it's My Live Happy, with Twitter it's [mylivehappy](#). Plug into us socially. I'm also going to share with you. Michelle's here as we get into this when I give you her introduction, so you can get social with her as well, okay?

This is something I've been doing that people seem to like and that is I'm going to give you a little quick recap. On Monday, we had Dr. Drew Ramsey and he had some fantastic information about brain health and how food synergies create chemicals that make us happy. This is what he shared with us. Here's some bullets. We change the architecture of our brain by picking healthy foods. The architecture of your brain changes by picking healthy food.

Here's the author of the book, *50 Shades of Kale*, *50 Shades of Kale*. Isn't that a little provocative, hmmm? Next bullet, when talking about sugars or artificial

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substances, he told us your brain is your best friend. Don't lie to it. In other words he was saying, "Give it a choice." You're going to put artificial sweeteners in your coffee, your tea versus the real stuff. He said, "Put the real stuff in there." He's not a big advocate of sugar, but his point is the real stuff is a better choice than the artificial stuff. Alright, don't lie to your brain. His favorite sweetener, by the way, is honey. Honey, honey, honey.

One of his other quotes was, brain health begins at the end of your fork, 95% of every illness is on the tip of your fork. We're eating it, alright, so I want to raise your awareness to that.

Dr. James Pawelski, the Director of Positive Psychology at the University of Penn, he shared with us that happiness is not just bouncing off the ceiling. It is really a deep sense of well-being and human flourishing. Michelle, when we get together, I want to have you talk a little bit about flourishing and what that means and positive psychology and what that means. I'm going to have her address that.

Another bullet, don't wait around for happy to happen, okay? That, "Oh I'll get to it," or "I'll experience it there." Don't wait around for happy to happen.

Number three is sometimes you wake up happy, sometimes you have to wake up your happy. No doubt about it, this is going to wake up your happy this morning, alright?

Lastly, yesterday we talked to Judson Laipply. He has the most viewed video on YouTube called *The Evolution of Dance*. You've got to see it, *Evolution of Dance*. He shared with us, you cannot light another's path without lighting your own. Don't hope for things, decide for things. I love that. Don't hope for things, decide for things. Then my favorite, life isn't always the party we hoped for, but while we are here we might as well dance. Man, okay.

Today is all about well-being in the workplace. Let me introduce you to Michelle McQuaid. She is a best-selling author, workplace well-being teacher and playful change activator. She holds a Masters in Applied Positive Psychology from the University of Pennsylvania with more than a decade of senior leadership experience in large organizations around the world. She's passionate about translating cutting-edge research from positive psychology and neuroscience into practical strategies for health, happiness, and business success.

Michelle's presented to and taught over 10,000 people worldwide at over 100 events, seminars, and workshops including at Happiness and Its Causes, IBM, the Wharton Business School and more.

Michelle McQuaid, so wonderful and thank you for beating us all and waking us up happy this morning.

Michelle Thank you so much, Kym, it's great to be with you.

Kym Michelle, let's talk about why it's important to try and start our work day feeling happy.

Michelle Yes, now I have to make a confession here, which is most of my life I didn't start my workdays feeling too happy. I was one of those people who swore I was not a morning person, and I tend to crawl out of bed after hitting that snooze button a few too many times, grumble my way through breakfast if I had any, and then drag my feet into work. It won't surprise you that the rest of my day would unfold at the mercy of that kind of challenging start.

While I'd still encounter some good moments along the day, the real problem was that when I did encounter the more challenging moments, they very quickly had

me spiraling down towards that feeling of overwhelmed hopelessness and despair. My resilience was just constantly challenged.

It wasn't really until I was completing the Masters in Applied Positive Psychology, and when I did that I was living in Melbourne and flying to Philadelphia every three weeks for class, which is a 20+ hour flight. The time zones were almost completely reversed. I'd land there on a Thursday night, have to be in class ready to learn Friday morning, be over in the US for about five days and then fly back home to Australia, where I had a young family, full-time job, everything waiting for me.

It was really in that year, probably mostly out of desperation, to be honest, to try and keep up, that I started taking lots of the things that we were learning in class that James Pawelski and Marty Seligman and other people were teaching us and trying to figure out if any of it could work and if I could become more of a morning person.

Look, I think this is so important because what I discovered was despite all those years of telling myself and everybody else that I couldn't wake up early, that I couldn't exercise in the morning, that I couldn't eat a good breakfast before I went to work, it actually turned out when I began experimenting and playing with those ideas, I actually could. It really wasn't that hard to start retraining my body and my

sleeping patterns to be able to do that and still to this day, I normally wake up at about 5:45 a.m. each day. It might be a little later when I go to bed after this, but I really use that time to try and prepare my body, my brain, my heart for the day ahead.

I'll do that, I live quite close to the beach here in Australia. I generally get up at 6:00 and run along the beach after I've got shoes on. I'll do a short meditation and journal about what's my intent for what I want this day to be. The reason I got convinced to start making those changes was that looking at the research of people like Barbara Fredrickson about how those kind of positive experiences that boost our happiness don't just swap good bullets for bad ones, that they really prepare our brains to function in the optimal way.

At that stage, trying to learn and travel and work full-time and parent, which is not an uncommon juggle that many of us are faced with, was really then helping me to be able to see more of those opportunities around me each day. Getting my brain in that space where it was having more surges of dopamine and serotonin, for example, so that I could process new information better. I could think more creatively. I could see new ways to do things, and really to be able to collaborate better with others so that I was thinking more about we and less about me.

The beauty of making that shift and when I tried actually putting that research to the test in those ways, was that I'd still have good moments and bad moments in my day, but the bad moments didn't throw me for such a loop. I was much more resilient, much better equipped at being able to deal with the things that were coming my way.

Kym Yes, you know I've got to tell you. I'm sitting here and I'm listening to every single word and first of all, I want every listener to know that every single thing that you said you're doing, is backed by science and proof. I just marveled from the exercising, the retraining; they've already proven that whole notion, Michelle, and you know this, of well I'm not this kind of person. I'm not that kind of person. I'm just a natural like this. All of that can be rewired, can be reprogrammed. All that can be shifted and changed.

Here's the thing, what you described and I'd like for you to address this, is what you described are things that are easy to do. We don't do it. Do you have any thoughts about—because it's so critical, like you said, the way you're starting your day; the exercise and the whole notion that so many people, Michelle, exercise for the wrong reason. They think, "I want to be in a smaller dress. I don't want to have a big tummy," the whole nine yards, and not realizing the greatest benefit is the instant benefit you get with that serotonin, the dopamine and all the things

that help you feel better and increase your mood. Address that for me for a second. Everything you said, is great, but how do we get into it?

Michelle I think it's such a great question because so many of us we know, right, that these are probably things that the science suggest will make our days better and yet actually shifting it into our daily behavior is a challenge. I think a huge part of it is motivation. I know for me the motivation to get up early and to run for example, again I'd spent most of my life swearing fun and run never belonged in the same sentence together, was understanding the science. The more I dug into the science and I understood what that kind of exercise was going to do for my brain to prepare me for the day ahead, it became harder and harder to resist not doing it.

For me, I wasn't someone motivated to exercise for the way that I looked but being motivated for how did I have the energy to show up each day in a way that mattered to me and in a way that I could feel proud of. A big part was motivation, definitely. Really I think part of that is continuing to turn around that question of, "Why would I do this? Why does this matter to me?" Until you find that answer that really kind of close to your heart, where it becomes too hard not to do it, rather than too hard to do it.

A second big piece though is that as motivated as we can be, life gets in the way. We get busy. We get sick. We've got other people to take care of as well, and so a really massive part of it for me was looking at how could I create small habits out of these pieces. You know that 40%, researchers estimate, of our day is pure habit, which is about 6 hours. I've got to get back some of that time to do some of the things that really I want to be living, in terms of my life.

Understanding how those habits work, but the other piece that made that easier, more engaging, more energizing, more enjoyable for me was figuring out how did I use my character strengths, so those things that were tied to the way I value and like to turn up in life, like curiosity, hope, gratitude. For me a big one was zest, which was my energy and vitality; how did I use those strengths to create just little daily habits to begin with, in each of those areas. These days, I run for about an hour each day or I do some form of exercise each morning for that long. When I started, it was 11 minutes.

Kym Oh.

Michelle And let me quickly explain why.

Kym No, no, no. That's critical what you're saying. Eleven minutes, I think it's fantastic, but go ahead, yes.

Michelle It was 11 minutes because what researchers have discovered is that our habits run on this very simple neurological loop, where there's a cue that triggers the habit off. There's the routine, the behavior that we want to do more of and there's some form of reward.

Initially when I started to understand more about habits, I just went, "I'm just going to run for ten minutes. I'll get up early. I will run for ten minutes and at least I'm out there and I'm doing something." When I understood more about this neurological loop, I changed it to 11 minutes. I'd use the 11 minutes to think of a really good cue. How could I make it easy to get started?

Again, we know now from the research that there are several really simple ways you can cue a habit up. You can anchor it to something you already do. For me, it was getting out bed each morning. You can imbed a cue into your environment. For me, I set my phone and I put it out of reach of my bed so I have to get up to get it and I leave it on top of my running gear. When it goes off, I dive out of bed to try and turn it off before I wake up the whole house. At that point, I'm sitting on top of my running clothes. The most self-defeating thing in the world would be to

crawl back into bed. I know Shawn Achor, who you had in the last series, he took it a step further. He used to sleep in his running clothes.

Kym Hmm, great, great.

Michelle When he was first starting to run. The other way you can use this and research coming out of Harvard, which is a “When-Then” statement to prime your brain. When I wake up in the morning, then I will go for a run. I used to say that three times before I went to sleep, so that when my brain found itself in that situation, then it already knew what it could do. These all different ways. You could use one of them or all of them to cue up those early morning habits and get them started.

The second thing then, the routine, was simply to use my strengths in a way that was going to help me wake up happier and do some of those things I wanted. For example, for the running, it was using my strength of zest, that energy and vitality, to get out the door and get moving. As I said, I started with ten minutes because I was sick of making excuses—

Kym Right.

Michelle About why I couldn't make this change work.

Kym Wait. Stop, stop, stop right there. Wait, wait. There's a cool thing, sick of making excuses for why things didn't work. We all have to say, "I'm sick of making excuses for why things don't work." That is so important and I'm really digging the little step you took to start. I really do. I want people to really hold on to that whole thing. Yours was ten minutes, eleven minutes, but hey listen, my own thing is, get out and walk a block then. Just walk a block. If it's three minutes.

Michelle Exactly.

Kym Just do something so you can say I'm sick and tired, right? Go ahead. Keep moving.

Michelle Sick and tired of not doing the things that I wanted to put into my life. Ten minutes was excuse proof for me to get me started and that was really important. You want to use the last 30 seconds of that 11 minutes to reward yourself for what you've done. This was the bit where I so often fell down in trying to make changes in my life before I understood this research better.

When you reward yourself, it can be ticking it off the list if that's what floats your boat, it might be posting it on social media. Particularly with exercise now there

are so many great smart apps that you can use to share your achievements.

Sometimes it was running with a buddy, so it was getting that social reinforcement from each other. Whatever creates that natural surge of dopamine, that feel good chemical in our brain, so that we create that memory that this was a good thing to do. The next time the cue goes off, we have a natural craving to want to do it again in order to get the reward. The loop kicks in.

What happened for me with the running, for example with the exercise, was once I started running and I got my body into that bit of a pattern of waking up and getting used to how to this felt, it felt so good I wanted more of it. Bit by bit, I started to build that into longer sessions. I used some really great apps along the way. There's one that's called From the Couch to 5K, which first got me running 5 kilometers and they build that up over six weeks a bit at a time. These days, I generally run anything from about 6 to 10 kilometers on my running days. I love it. It really did change, for me, so many things physically, intellectually, emotionally.

Kym Hey, Michelle, let me ask you. I got a question from Judith and she was asking, she says, "What can you do to get the surges of serotonin and dopamine during the day?" She's saying is it all from morning exercises or do you have other things during the day that you can suggest to create those surges, again of dopamine and serotonin, those good feelings, those good moods?

Michelle That's such a great question, Judith. Definitely I get a kick, so by the time I've started my day with a bit of exercise, some meditation, a little bit of journaling and reflection, getting to breakfast and things with my kids and I'm in a good space already. So it definitely helps. But then throughout the day, right, we all have highs and lows and increasingly, I've become curious about our ultradian rhythms. This is our really natural biorhythm and how every 90 minutes to 2 hours our energy peaks and then it dips again. The more I've learned to tune in to where are my peaks and where are my dips, and just mapping that and getting a sense of what that looks like on most days, it's helped me create some inflection points in my day.

When I'm coming through a dip in my energy, I make sure that I've got some little things in my toolkit that I can dig into. For example, one of those is making sure, generally I try every 90 to 2 hours to get up and drink about 500 mL of water. Again, that might sound like a lot, but I swear to you about three years ago, I would barely drink more than a glass or two of water a day. It's simply been a small habit that I've put into my day, but the difference of being well hydrated, I think we severely underestimate.

The same at trying to choose good foods that are going to fuel my energy at that time, rather than letting myself get so far into those low energy moments, where I'm wanting to reach for more sugary foods or fried foods or the like.

Moving regularly, I love some of the research that Tom Rath published last year in his book *Eat, Move, Sleep*. In that research, he shares the need for us to move, if we can, every 20 minutes for at least 2 minutes. There's a wonderful app I've been using called Salute the Desk, which gives you a two minute yoga pose, that you can do sitting down or standing up while you're at work; and again just getting a bit more of that movement in. I try and make sure I get a walk in the afternoon, particularly around that 3:00, to your point, Kym, even if it's just a couple of minutes outside. I try and go for about 20 minutes if I can, but some is better than none.

I also try and look at where are the spaces I can authentically connect in my day with others. I like to wrap up my work day, for example, in that transition from work to my family, by really creating a moment of gratitude at that point; again, it's a strength habit. One of my strengths is gratitude. I use that same 11 minute kind of loop to cue it up. I always have a Post-It note on my keys before I pack up that says, "Thank you," to remind me to do it. I use the ten minutes to use my strength

of gratitude to thank at least one person for something they did that made my day a little better or a little easier. My reward is that I get to go home.

Kym Right.

Michelle Looking through your day, where are your natural energy, highs and lows and thinking about what are some of the strength habits or the other well-being practices that you might want to put in there, remembering that you can do so many of these in 11 minutes or even less. The reward of it is that you maintain that sense of dopamine and serotonin, with good energy and happiness throughout your day.

Kym Okay, so here's some Tweetable things, alright. Create inflection points during the day, one. Drink water. Choose good foods. Move regularly, you're suggesting every 20 minutes. Walk, don't go for the closest parking spot, further. For you folks in New York and those busy cities, just walk more. Walk another block. Just connect with others. Gratitude is a big part of this. You just do these naturally, don't you? They just get to the point that they're just part of who you are. You just incorporate them.

Michelle They become part of who you are. At first, of course, they don't come naturally because your brain hasn't been trained necessarily, to put these into your day. That's where when I first started, I'd do one at a time. I'd first get, for example, the gratitude piece working. When that was working beautifully and becoming just a more natural habit for me to do each day, then I'd know I was ready to add the next one. I might work on the water one, for example. Rather than trying to do them all necessarily on top of each other, I would again, pace myself and really just start to enjoy the rhythm that they created. Notice what's working.

We have that built in adaptation mechanism that scientists understand within our brains as well. When I'm not looking forward to one of my habits or it's not as joyful anymore, I know it's time to mix it up or maybe try something a little bit different at that inflection point in the day. Really just using it to create just a bit of space, to bring that bit of mindfulness, Kym, in that you were talking about earlier and know that I have a choice in how I feel and how I show up. That choice is based in the moments of almost recovery, if you like. If you think of these as your recovery moments in the day, that you choose to invest in.

Kym These are some great things to do to boost our happiness at work. In terms of stress, so many of us work in very—it's a stressful environment. What are some of your tips and thoughts about stress overwhelm at the office?

Michelle Yes, look and we all have those and [indiscernible] hijack moments from time to time in the office, where we get an email that makes our ears steam or somebody says something in a meeting or a project we've been working so hard on suddenly gets sidelined. Absolutely natural, right? That is part of human life and I think no matter how happy you're feeling, we all have those moments from time to time.

I love the idea one of my classmates from the University of Pennsylvania, Caroline Adams Miller, taught me and she calls it a "Jolt of Joy." I like to think of these "Jolts of Joy," simply something that puts a smile on your face, as kind of my office rescue remedy kit. In those worst moments, what are the tools I can quickly reach for to really short circuit that downward spiral of stress when it's not serving me well?

Barbara Fredrickson, of course, talks about in her research that negative emotions like stress, fear, and anxiety tend to cause us to spiral down to those places of overwhelm, helplessness, despair, and if we spiral for long enough, we end up in that state of languishing. But what she's also discovered in her research, is that by injecting a moment of positivity we can actually short circuit that spiral; and this I think is the most important part, when it's not serving us well. A little bit of stress, at times, can actually be good for us, and stress that we can learn and grow from,

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again, is a natural part of human life. The goal here is not to get rid of all stress, but when that stress isn't serving you well, maybe when it's not helping you show up in the ways you want to at work, and you feel yourself spiraling down, then reach for one of these "Jolts of Joy" to short circuit that spiral and head yourself back up the other way.

Again, a "Jolt of Joy," anything that puts a smile on your face; it might be a quick walk outside around the block. For me, it's often having some favorite music that I can go and put on. It can be calling a friend, maybe, who makes you laugh, watching something funny on YouTube. I think lots of people are using that "Jolt of Joy" of watching funny animal videos on YouTube based on the numbers that we see.

One I've been working with recently, I do a lot of teaching now with women how to have more confidence in the workplace. There's some beautiful research from Amy Cuddy, she has a great TED Talk if you haven't gone to see it already. She talks about how simply standing for two minutes in a pose like Wonder Woman or Superman actually raises our levels of testosterone and lowers our levels of cortisol. Standing in that pose, breathing nice and clearly, again can be a really easy jolt of joy. I tend to recommend people don't do that out in the office, but the bathroom can be a great place [indiscernible].

Kym What are you doing? You're standing like Superman. No, I'm with you.

Michelle Exactly.

Kym I love that. Listen, I want to offer something else too. That whole thing about that jolt of joy, let me give you something else I just want to throw in. Got to livehappy.com. I'm serious.

Michelle Absolutely.

Kym Just go to livehappy.com. You'll find a jolt of joy right there, because there'll be stuff that will intrigue you, that'll have you thinking. Have the magazine, have it in your car. Those are some great things. Alright, so listen. Oh my gosh, you are so good. I mean, it's so good.

Let me ask you, I want to have you give us, we're going to end this call and I want you to give us your, if all you walk away with or some things that you want us to do to carry forward when we get off this. We end it with what are we going to carry forward? What do you want us to do? Give us something that today, very specifically, that they can implement. I'm going to come back to you on that, Michelle.

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I'm going to ask you all to, if you're not already part of the *Live Happy* movement, I'm going to ask you to be a part of us, because I want you to understand, it's going to be us, all of us on the line, we're the happy people, okay? The happy people have to get the word out to all the other people so that we can share and spread and create this happiness vibe, this happiness energy throughout our planet. That's how it works. We start sharing this information, these ideas.

I want to ask you to please, become a subscriber to *Live Happy*. Jump on board with us. You're going to get the physical magazine. You're going to get the digital version of the magazine. You're also going to get—our editorial team is, I just think they're the best. They put together these Happiness Reports, so when you sign up you're going to get these free Happiness Reports. This is all about how we serve.

I want to be real clear. When I ask you to be a part of us with this, we so need your involvement with what we're doing. It fuels us; your involvement. You're our social connection. As we do our outreach, as we do things that we do, as we plan our events, these are all things we'll be sharing with you, these great ideas, great programs that we've got planned in 2015. International Day of Happiness for 2015 is on March 20th. *Live Happy's* got a huge program around the country and the

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world to bring happiness and attention to it. Having you part of us is, to be part of the voice of spreading all these ideas, it is paramount, it is critical to our grand mission, our human mission, our humanity mission to make our world a happier place. I hope you're really, really digging this.

Also, I want to read this quote that Michelle gave us. I just love this. This is Michelle McQuaid's quote, "Rarely is happiness about what you do, it's all about how you do it." "Rarely is happiness about what you do, it's about how you do it."

Michelle, send us out of here. We're getting ready to get off this line, you've got us. What do you want us to do?

Michelle Firstly, really get clear on your intent for the day. You only get to live this day once. Don't let it slip by in a haze of busyness, really get clear what is your intent for today? What do you want to put in the world? Who do you want to be in the world? What are going to be proud of at the end of this day that you lived it well?

Number one set your intent for the day. Number two, discover your strengths, those things you're good at and that you enjoy doing. See if you can find one 11 minute habit to start each day and put them to work. Now, it might be the morning exercise, it could be connecting with someone on the way to work, or

making sure the first thing on your to-do list at the office is to spend just that little bit of time doing what you do best. Think of it as a gift to yourself. If you had 11 minutes today to turn up and do what you do best, what would you do?

Now if you don't know what your strengths are, your first act today is to head over to biame.org and take the ten minute strength survey and find out what they are. If you've done that before but you've not figured out what to do with it, head over to showupshineandsucceed.com and you'll find lots free training tools that I use to teach this all over the world.

Thirdly, just start. We know after a call like today that if you don't start in the next 24 to 48 hours, you need a whole nother [ph] spark to do it again. I know you're busy. I know there's lots on, but don't live one more day of your life not showing up in a way that you really want to. Just start.

Kym Just start. That's fantastic. Tomorrow, tomorrow's our last day of our five day series for October. Tomorrow it's with Mary Jane Ryan. We're doing the Happiness Makeover with Mary Jane Ryan. You will love this.

Michelle, love it. Get clear on your intent for today. Discover your strength, find 11 minutes today to do what you do best, start today. Just absolutely love it.

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Michelle, you're a gift. Thank you. We will be calling you back. I know we're only just scratching the surface of all—there's so many wonderful ideas and strategies that you've got and we've just scratched the surface. We'll be bringing you back with more *Wake Up Happy*.

Be sure to go to wakeuphappy@livehappy.com and share with me, this is on a personal level, anything that I need to know that will help you. Remember get social with us and above all else, subscribe. Go to livehappy.com, livehappy.com. Have a wonderful day. Remember happiness is a choice and happiness spreads. Good bye, everybody. See you tomorrow.