



Transcript: Wake Up Happy with Gretchen Rubin

PRESENTATION

Host: Kym Yancey
Expert: Gretchen Rubin

PRESENTATION

Kym Well, good morning. It's time to Wake Up Happy! This is Kym Yancey. I'm the cofounder and CEO of *Live Happy* and we're having a blast. I've got to tell you, this is the third day of our five day series. Every day this week we have a different thought leader, expert, *New York Times* bestselling author sharing their strategies and ideas around happiness and how to make happiness work in your life in ways that you could have never fathomed before. This is really a great news program that we have going all this week. It's a lot of fun.

Now listen, I'm popping in just a little early and I'm doing this because of some of the tweets that we're getting, the comments that we're getting. So I've got Bridget Arnot right here, from Thailand. We've had one of our listeners is, well, I love the message. Let me just let you read it.

Bridget Okay. So this message is from Birender. He is in Bangkok, Thailand. He is actually joining us for Day Three now and his message was, "After a very nice Thai dinner, skipped the dessert to make it back to the hotel on time to join this call." He's dedicated to waking up happy, albeit evening time for him. "So Gretchen and Kym can decide who owes me a tiramisu and who owes me bread and butter pudding."

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Kym Alright. There we go. Listen, we'll do one better. You come here in town; I'll buy you the whole steak dinner! We'll take care of that. But it's just a lot of fun. And you know, the whole idea of waking up happy is, metaphorically, is not about the morning. I know because it's morning for a lot of us, but it's really about waking up to the possibilities and the realities of what happiness does for your life. The script is being rewritten as to what this all means and what it can mean for you. So, we have a fabulous show.

So, let me start by saying, okay, so we're officially at our start time. If you're just now tuning in for the first time, you might be saying to yourself, "What is *Live Happy*? Or who is *Live Happy*?" Well, *Live Happy* is leading a global movement to make our planet a happier place. That's why we do what we do.

You know what? You're a happy person. I like to think of all of you on the call right now as my happy people; my happy people, because those of us that are happy and we're positive and we want to make a difference and we want to see the world glow, we're out there kind of by ourselves. It's not unusual for us to be out there and we're smiling at people and we're saying good things, and we really want to try to create that whole energy among everyone that we meet, but in so many ways we're alone and this is a way to bring us all together.

Live Happy, what we want to do is, first of all, bring together the choir; bring together all of us in a voice and start to teach and share and learn from each other and gather ideas and tap into the science behind happiness. That's the other thing about who we are as a company is everything that we do with *Live Happy* is based on science, academic proof, studies. It's incredible the scientists we have working with us, the experts we have working with us who want to not only give you great

information, but everything they say is validated, everything they say is backed up with fact. That really sets a whole new bar around this topic of happiness.

Now listen, this week we've had Shawn Achor with us on Monday and I just want to recap for you, for those of you that missed this on Monday, Shawn Achor, he shared with us that happiness is a choice, happiness spreads and happiness is an advantage in your life. I just love that. Happiness is a choice, happiness spreads and happiness is an advantage in your life.

These are great, great taggable moments or social media moments where you can tag us at #wakeuphappy and you can also Facebook at mylivehappy and Twitter at mylivehappy. But our hashtag is #wakeuphappy. So, it's real important to us that what you're feeling and what you hear to share it with us, share us your thoughts as we go through this.

Yesterday, Hyrum Smith, who is the cofounder and former chairman and CEO of the Franklin Covey Company, he was fantastic. We talked about inner peace, and here were three key points from Hyrum's message yesterday if you missed it. "If there's a gap between what you value and what you're doing, you won't find peace." Take that in. If there's a gap between what you value and what you're doing, you won't find peace. Number two, "Forgiveness requires remembering, and in remembering deciding it doesn't matter anymore." I'm going to tell you right now, that is huge. And if there's someone that you've been wanting to forgive or if there's some grudge, if there's something that deep down you've had bottled up, what I want you to know is, forgive and know that forgiving doesn't mean you don't remember. You will remember, but deciding right now, you know what, it doesn't matter. I'm going to stop holding this.

And the third thing is “the highest level of emotion that motivates a human being is love.” The highest level of emotion that motivates a human being is love.

Now, yesterday’s actions – and I’m going to share the same thing with you – is to post what you’re doing today to create value, and here are a couple of the responses. One of them was, “Today I’m finishing my Words to Ponder flip calendar. This is a dream come true for me. My goal is to create a calendar with a word each day and a quote to ponder to move others to a more positive, happy life. Hoping for a ripple effect.” The company is called Tops Spot.

I mean, that’s great. It’s just wonderful, wonderful great stuff. So I want you to be aware of that. There’s one more that I’m going to read for you from Cindy Rhode. She writes in, “I’m switching from ‘I have to’ to ‘I want to.’ Great call today.” Cindy Rhode. Okay? That’s beautiful, wonderful. Share what you’re doing. Let’s do this, because it will inspire each of us.

Alright, are you ready for my incredible special guest? Oh gosh, I just love what this lady’s about and what she brings, and her insight and her strategy. So let me tell you, her name is Gretchen Rubin. She’s the author of several books including the blockbuster *New York Times* bestseller *The Happiness Project* and *Happier at Home*. She’s now working on *Better Than Before*, her forthcoming book for 2015 in which she investigates the strategies she’s identified that help us make and break our habits. “After all,” she realized, “healthy habits are the invisible architecture of a happy life.”

Also, on her popular blog she reports on her daily adventures in the pursuit of happiness and habits. Millions of people read her blog each year. Rubin is much in demand as a speaker and makes frequent TV appearances. *The Happiness Project* was even an answer on the game show *Jeopardy*. How about that! Rubin, an enthusiastic proponent of using technology to engage with readers about

ideas has a wide, active following on Twitter, Facebook, Instagram, LinkedIn, Pinterest and YouTube; more than 2.2 million views. Not to mention her widely popular monthly newsletter, book club and daily email of happiness quotations.

She was thrilled to appear on our inaugural cover of *Live Happy* magazine, February 2014. Rubin started her career in law and she was clerking for Justice Sandra Day O'Connor when she realized she wanted to be a writer. She lives in New York City with her husband and two daughters. How about that?

Gretchen Rubin, welcome to Wake Up Happy!

Gretchen Well, I'm very happy to be talking to you today.

Kym I told Gretchen when we got on the phone, I said, "Hey, are you happy?" And she said, "Of course."

Gretchen Exactly.

Kym Okay, so Gretchen, let's get right to this. If you had to pick one thing that's the key to happiness, what bubbles up?

Gretchen Well, I think you can answer that question a couple of different ways, depending upon what framework you use, but one answer that ancient philosophers and contemporary scientists could agree on is relationships. To be happy we need strong, intimate bonds with other people; we need to feel like we can confide; we need to feel like we belong; we need to feel like we can get support. And just as important for happiness, we need to be able to feel like we can give support to other

people. So whenever you're thinking about how to spend your time, energy or money, something that either deepens your existing relationships or broadens your relationships is probably something that's really going to boost your happiness.

Kym Yes, that's great. If I want to work on my own happiness, where do you suggest I start – all of us, where should we be starting?

Gretchen Well, that's such a great question, because I think happiness can sometimes feel sort of like it's abstract and huge and transcendent and everything's tangled up with everything else; you're sort of like, okay, I want to do something, but I don't know where to start. I think a great place to start, because it's just very specific and manageable, is with your energy. At least for me, and I think for most people, when you have more energy, it's easier to do the things that you know will make you happy that maybe seem a little bit taxing. Like you know you'd be happy if you planned a reunion party, but it just seems like it's so much work. Or you know you'd be happier if you exercised, but you just feel like you can't get yourself out the door, so working on energy is a really good thing.

And it's so obvious, everybody laughs because it seems so silly to even mention it, but to be happy you really need to get enough sleep. Most adults need seven hours of sleep. And if you're chronically under slept, the funny thing about it is, people think they're okay, they don't realize how far off their game they are, but when scientists study these people they're quite impaired. It really effects your mood, your memory, your immune function and they even think it contributes to weight gain.

It's hard to give up that last hour or two at night, which for a lot of people is like the fun goof-off time, but it's really important to get sleep. And it's also important to get some exercise. Not even like

training for a marathon, but just something like going for a walk, especially if you're outside. And people think they're too tired to exercise, but exercise tends to boost energy instead of draining energy, and it also helps you sleep better and stay asleep better if you're a person who has trouble sleeping. So just thinking about your body, thinking about your basic energy level, if you feel less exhausted, then you're going to be able to ask of yourself bigger things that are going to have a big happiness payoff.

Kym I think, Gretchen, too, of all the things our bodies do for us, and all it wants is a little water and some feeding, and I think, really, reading your stuff and getting into the power of exercise – tell me, Gretchen, if this is what you find – most of us get hung up on “I want to lose 10 pounds, 15 pounds” or whatever it is; “I want to pull that belt buckle in a little bit tighter” and they're focused on the external and really don't realize, do they, that the exercise, little bits of exercise, the benefits are immediate. They start immediately.

Gretchen Some people say you exercise for sanity, not vanity. In fact, if what you want to do is to lose weight, you should really think about what you're eating, because research really shows that exercise – people who exercise tend to gain weight less, they tend to maintain a weight loss or maintain their current weight better, but exercise is not a way to lose weight. If you want to lose weight, you have to tackle the eating side of it. But there are a myriad of reasons, as you just said, for exercising.

It's kind of this magic thing where it both calms you down and peps you up. If you have trouble with anger, it makes you less irritable and less likely to fly off the handle. It gives you more energy. As a writer, I have to sit still and I find that if I exercise, I work better because it's easier for me to kind of, like, when I'm up, I'm up; and when I'm sitting down, I can sit down and focus. I'm not just sort of fidgety and restless.

I think a lot of us are in this really bad state where we're both sort of wired and tired; we're wound up but we're exhausted. We can't go to sleep, but we're not doing something like reading a book or talking to a friend. We're watching *Law & Order* reruns at midnight, which is not a high value thing to be doing, and yet you sort of don't turn out the light, so you're not getting sleep, but you're also not getting restorative leisure. It's just sort of time. And I think weirdly, the more exhausted you are, the more easy it is to slip into those kind of bad moments that aren't restful, that aren't exhilarating, that don't have much payoff, and yet can weirdly suck away a lot of your time and your energy.

Kym Yes. And the other thing is, as you're saying this, and I want to get into happiness and habits, is the whole notion that don't you feel, too, that you start to set a level for your body and your mental clarity, and you can be operating at this minimal level for a long time and it becomes your standard. So you just begin to accept that that's how it's got to be instead of have energy, right?

Gretchen Yes, 100%. As I said, research shows that a lot of people will say, "Well, I've trained myself to get by on five hours" and they think they're fine. But actually, they really are not fine, they're not reacting the way that a person would who had— I don't remember the statistics, but if you have a sleep deficit of a certain number of hours, it's like drinking five beers or something like that. It really shows up.

But you're exactly right, we start to just take it for granted and we don't realize that we're not on our game. There's even something called social jet lag, which is that people under sleep during the week and then they over sleep on the weekends. And so, in a way, to your body it's as if you're flying to California and back – I live in New York City – you're flying wherever you would be flying because

you're not getting enough sleep and then you're sleeping too much. So instead of being in a constant rhythm, which is rest and energizing, you're sleeping too much.

I had a friend where he prided himself on the fact that any time he sat down, he could immediately fall asleep. Wherever he was, broad daylight, middle of an airplane at noon, he could always fall asleep. He thought that was really cool. I was like, I don't understand why you're taking pride in that because it just means that you're so under slept that you're on the brink of falling asleep at any moment. To him this was like a good thing. So, I think you're exactly right, it's easy to fall into these habits, these patterns that are kind of weighing us down without us even realizing it. And then it doesn't take so much to give us a lift so that we just feel more energy, more buoyancy in our lives.

Kym Yes, because you have the capacity to get by doesn't mean it's right on any level. And also, one of these great tweetable moments, which you just said – exercise for sanity, not vanity. That is a great theme for us to leave – exercise for sanity, not vanity. And it changes everything when you understand immediate benefits take place.

Let me ask you, what's the relationship between habits and happiness, Gretchen?

Gretchen I got led to my current study of habits because so often when I would talk to people – and I'm sure you've heard this too, because you're out there talking to people about happiness all the time – is that when people would talk about what their challenges were, they would often point to habit that they couldn't make or break or that they were frustrated with. So like exercise, they might know perfectly well that they would feel better if they would exercise and they want to exercise, but somehow it just never seems to happen. They try this and they try that and they make a New Year's resolution and then they're disappointed with themselves when they break it, or they don't feel in

control of their eating or their drinking, or they feel overwhelmed by clutter or they're losing their temper with their children or there's some kind of habit, they want to read the Bible once a day and somehow it always gets pushed aside. So, people kept pointing to a habit as something that they felt could have a positive change if they could conquer a certain habit and they were puzzled what was in the way.

So I started to look much more deeply into habits, and what I found is that a lot of time with habits experts, they sort of point to one thing and it's like one thing that's true as far as it goes. So, a very common thing to say is, "Well, do it first thing in the morning," "Do it as soon as you get up," or "Get up an hour early and do it," "Write it in your journal," or "Study Scripture," or "Go for a walk" or something, and that's good advice for some people. But some people are night people and their circadian rhythm is queued to be later and they're already struggling to get up in time to get their kids to school or to get to work, because for them they would very naturally sleep later and stay up later and this is just something that's hard-wired. There's been an enormous amount of study, there's just a real difference in people. Now, teenagers tend to be night people and older people tend to become more morning-oriented as they get older, but these are just differences among people.

So, if you're a night person and you're already so struggling to get out of bed at 9:00 a.m., it's not going to help you to try to get up at 6:00 a.m. to go for a run. It's just not going to happen. You can try and you can try and you're just going to become frustrated, so you need to think of something else.

So what I realize is if you want to form your habits, you really have to start by figuring out yourself – what kind of person are you? Do you like competition? Do you like loud music? Do you wish you had more time with your friends? If you're facing temptation, do you do better when you give up

something altogether or do you do better when you indulge in moderation? And all these factors about you have tremendous influence on the kind of habits that you are going to have success with. So, it's not like somebody can hand you the magic answer.

I just got an e-mail from somebody yesterday where she was like, "I didn't tell anybody that I was starting to exercise and all summer long I had great success. I ran a 5k. I really stuck to it and I didn't say anything to anybody. But then there was a picture of me at the race on Facebook and all my friends started to comment on the fact that I was running and I immediately stopped. What do you think is going on?" I said, "Some people are public resolvers. They like to tell people, in public." My sister's like this. She has to tell people what she's doing. She feels like that helps her stick to her new habit because she feels like if she tells people, she's on the record, she's committed herself, and that helps her.

But for some people they like to be private, they like to keep it to themselves. Somebody said to me, "When I tell other people what I'm doing it loses its magic." So if you're a private resolver, then you need to keep it private. So I said this to woman, "That might be what happened for you. Somehow it became public; somehow it didn't have the same meaning to you or it changed, so you need to think about yourself and think about how you could approach what you're going to do next because you had a good habit going, now you've lost it, now you want to get it back, well, what are you going to do this time so that the same thing doesn't happen? How can you understand yourself and what happened this time, so that you can keep that positive change going?"

I really wish that there was one magic answer because it would be awesome, a solution that worked for everybody, but we know there's not because we all live in the world that we all see. There's a million people running around, trying to do different things, some succeeding some not for all

different reasons. We all just have to think about, and this is what people talking about in happiness too, so much of it comes back to this sense of understanding yourself, your own interests, your own values, what's true for you? Then you build a life around that. Nobody else can tell you. You have to figure it out.

Kym There's a lot of confusion. You've talked to a lot of people; I've talked to a lot of people. Taking time to understand yourself, do an inventory of yourself, to hold up the mirror to yourself, I mean, but really to ask those questions, I will tell you, okay, this is one of the biggest things for most of us is eating right. Okay, I mean, it's obvious. My wife and I have a little slogan or theme to our life and what we realize is the best time to fix your eating is after you've had a big chocolate dessert. So you have that dessert, then you proclaim—

Gretchen I'm never going to have that again.

Kym Never going to do that again until the next time. Let's take something like that; you have a habit that you know would make you very happy if you could change it. How do you do it when, you know, okay, this will make a difference, but what do you do?

Gretchen Well, there's a million different things that you can try. Whenever I talk to somebody who has successfully changed a challenging habit, often they've used multiple strategies. It's not even just one thing. It's not like, "I'm going to put the cookies in a jar on the high shelf." It's like, "Oh yes, I did that, but I did a bunch of other things too." It's thinking about what's the combined force of everything that I could do.

So, for instance, with healthy eating, just some things that might be pretty easy to do and might make a difference is 1) convenience and inconvenience. It is amazing. Brian Wansink just came out with a book called *Slim by Design* and it's this hilarious, fascinating book which is all about basically using convenience. What are the little ways that we can influence the way that we eat, just by sort of the way we set things up in our lives? If you don't want to eat something, make it inconvenient; freeze it, put it in a bag that's hard to open, put it in a container on a high shelf, keep it out of sight so you're not queued to have it, so make it very inconvenient to get at it. Make it convenient to get to the food that you want to be eating.

Then monitoring, there's a weird power to monitoring, with just about anything that we do; we do a better job even without consciously trying to do a better job when we monitor it, when we just know what we're doing. So keep a food diary, people who keep food diaries have much better success with eating habits because they just know what they eat and it is so easy. We've all known this. You look down and you're like, "Oh my gosh, did I just eat an entire bag of Oreos without even noticing?" When you have to monitor something, you do a better job.

Kym It raises your consciousness to it right away, doesn't it, just that alone?

Gretchen Right, exactly. Just that alone. Now here's an interesting distinction when it comes to eating and this is an interesting thing because for some people it works great and for some people it actually does not work at all, and that is what I call the strategy of abstaining. Now when it comes to facing a temptation, let's just say, French fries because that's my sister's, that's her kryptonite is French fries, when it comes to French fries some people do better when they say, "I'm never going to eat French fries again. I'm just going to give up French fries. You can serve me French fries, and I can get them

for free at a restaurant, I can go to a dinner party, and you know what, I just don't eat French fries. They're off limits to me."

Then other people do better when they say, "You know what, I can have them sometimes. I can have a few. I can have them from time to time." Those people are moderators. So there's abstainers, like me and my sister; we do better when we give up something altogether, and then moderators get kind of panicky if they're told that they can't have something, then they want it more. But if they're told they can have it, then they kind of ease up. One thing that a lot of moderators do, it's this weird thing that they all seem to want to do, is they keep a bar of fine chocolate in their desk and once a day they'll eat one square. Now as an abstainer, I'm an all or nothing. I want the entire bar of chocolate right now—

Kym Me too. Yes.

Gretchen —or I can't have any of it. But moderators do better when they have a little bit. Now, you can see if you have a moderator and an abstainer living at home together, it's going to be hard because the abstainer is like, "Oh, please, I'm never going to eat ice cream. Let's not even bring ice cream into the house." The moderator is like, "Why are you so rigid? You should be able to have it from time to time. You love ice cream. Why don't you have it once a week?" But for the abstainer that doesn't work. They do better when they give something up altogether because then they're not making decisions, they're not making those bargains with themselves when it's like, "Today, tomorrow, I've earned it. I deserved it. It's my birthday. It's special. It's free. It's a onetime offer." It's just easier to say, "You know what, I don't need French fries. I don't need ice cream. It's off the table." That works for certain people very, very well. But then for moderators, it doesn't work at all.

So you really have to figure out, well, when have I succeeded in the past? What sounds easier to me? A lot of people think that abstaining sounds harder because it sounds sort of more extreme, but for an abstainer it's actually easier. As I've talked to people about it, people say to me in wonderment, they're like, "I never thought I was an abstainer, but now that I've tried it I realize that I am an abstainer and it's so much easier. I'm just done with all that noise in my head."

When my sister told me that she was an abstainer, which she was giving up French fries, she's one of these people who always wants to say yes to herself. You know how some people really want to put it on the positive; they don't like to say no.

Kym Right.

Gretchen I'm fine with saying no, but my sister's different. I said to my sister, "Well, how can you say no to yourself? How can say no to French fries when you love them and everything, but you're an abstainer?" She said to me, "Well, now I just tell myself I'm free from French fries." I think that's just such a powerful phrase. She's free from French fries. As an abstainer I say, "I could have the momentary pleasure of the satisfaction of a delicious bowl of French fries or I can be free from French fries." That's what I prefer, that's my value. For me that's what's easier. Not everybody would make that choice and not everybody is tempted by French fries. They have them sometimes and then other times, "No, I don't really like them. I don't really care about French fries myself." Most of us have our kryptonite.

Kym Right. Right. Totally. Also, and what I think is important, make no mistake about it, we're talking about food, we're talking about exercise, these are crucial components to happiness and they feed it. We have a hot question, this has been bubbling in and people have been writing in, Merrill, [ph]

we're going to answer it for you. Mia, we're going to answer it. Here are some questions that they ask and the question is, "I want to change someone else, okay? I want to change someone else. I've got a friend, a significant other. I want to make them happier. It could be your son, your husband, your wife, whatever, so how do you help someone else make a positive change or to be happier?"

Gretchen Well, the sad truth is that you can't change someone else. You can only change yourself. But what I've found is that when I change, relationships change, and when I change the atmosphere, my home changes. And so sometimes by changing myself, I can bring around a larger change in other people. This is certainly true of habits; habits are massively contagious. We're constantly picking up habits from other people, for the better and for the worse. It's something to be very, very aware of.

I will say to this question, one of the most common things that people say to me is, "If you said that people are Tiggers and Eeyores, Tiggers are kind of naturally happy and Eeyores are kind of naturally a little bit gloomy." I often hear from a parent who's a Tigger of an Eeyore child and they're like, "I wake up happy every day and I want my child to wake up happy every day. On the one to ten scale, they're like a five." About 50% of happiness is genetically determined. You are not going to fundamentally change someone's nature.

What I've seen is that often when people really get at each other, they polarize and exhaust each other. You cannot make someone else be happy. You can lift them up with your own good spirits. Happy people tend to make people happier because happiness is contagious, but you can't make someone happy. So often it's most helpful to just, you know, if they're expressing some kind of negative emotion to show that you understand what they're saying, you're not denying what they're saying. A lot of times Eeyores feel like the Tiggers are denying their truth. A Tigger is saying, "Look on the bright side. Things can go fine. The glass is half full. Why do you always take the gloomy

view?" The Eeyore is like, "You're not being realistic. This is a real concern. We may not make the deadline. I don't understand why you're not worried about this." It's not that one person is right or wrong. They each have their own valid perspective, but when you deny someone else's viewpoint they become very frustrated.

So if you can say, "You're really concerned. You feel that we really need to be worried about this." Then they feel like, "Okay, I'm heard. Somebody knows this is my view. You have a different view. I have my view." But it's a real challenge because from the deepest sense of love we want people to be happy, but we can't make them happy.

Kym That statement, you can't change someone else, you can only change yourself—

Gretchen It's so tempting because you think, "If only you would do these five things you'd feel great." It's like, no, but I'm not going to and you can't make me.

Kym You've said this, and I wonder if all of us on the phone, we all have the people in our life who aren't happy, but two things came to mind for me as I remember my grandfather, who's a great guy, but we'd wake up happy and he'd say, "Hey, get your happy butt out of here." He was Mr. Grump, but that was just his personality or the way he chose to live it. I went to a senior citizen's facility and was talking to someone and this woman and really it hit me, she lost a child who had died in a car accident, but she looked up to me and says, "What do I have to be happy for?" All I could think of, Gretchen, was to say to her, her name was Sylvia, I said, "Sylvia, you know what? Happiness is a choice. If you've made the decision that you don't want to be happy, there's nothing I can do. There's nothing I can say about that." What would you say? I mean—

Gretchen If part of it is how recently did her child die because I think all of this with except the fact that at certain points in our life it's not appropriate to be happy. We want to go through normal human emotions and not pretend like there's something wrong with it, or that we have to get over it like in a week. Sometimes it's not possible to be happy, but I think what we can strive for and I think this is what you're getting at, is the idea that can we be as happy as we can be under the circumstances?—

Kym Yes.

Gretchen So maybe there's a big challenge, or maybe there's something that's in our way, but can we look for reasons to be grateful? Can we think about what we have? Can we see what we could do differently that might bring about a positive change? Can we be as happy as we can be under the circumstances?

I'm sure you saw this research and it's very compelling, which is that as people get older, a lot of people find this surprising, but it's not so surprising, as people get older they tend to become happier. When researchers found this, they were like, "Well, why is that? Why would older people tend to be happier?" They think it's because as you get older you accept yourself more, you know who you are, you don't waste your time wishing you were different because you get what you get and don't get upset. This is who I am. Also, if you have a sense that time is running out, time becomes more precious and so you only spend it on the things that you value. So you don't spend a lot of time on people you don't care about, or on activities that you find boring, you start putting a priority on the things that are really important to you. So your life reflects your values better, which is something you were talking about at the very beginning of this show. Does your life reflect your values? That's when you're going to feel happier.

Kym Yes.

Gretchen I think it's interesting that for many people, chronic pain, it's a huge challenge to happiness, and certainly a lot of older people have problems with chronic pain. That has got to be one of the big, big, big challenges of getting older is chronic pain. Then there is in other ways they seem to be happier, so it's very interesting.

Kym Yes. It is. So listen I want to remind everybody Tweet using #wakeuphappy, remember our handle is @mylivehappy. Happiness is contagious. What are you doing today to spread happiness to just one other person?

Two things I want to do, I want you to just have a moment to think about this, Gretchen, as we wrap things up, because I want you to share with the audience kind of like their call for today. I want you to just be thinking about for a moment, you've got this huge crowd, thousands of people all over the country, Canada, across the pond as they say, everywhere. I want you to give us a charge for today because I want to see if we can't create some kind of happiness sonic boom kind of activity. Take a minute to think about that, Gretchen.

I just want to share with the audience this, that we want you to be part of the *Live Happy* movement and I just want to encourage you, as we wrap up, to go to livehappy.com and learn about what's there for you. Everything we've created there is there to help you be happier. I want to also ask you to join our movement and the way to do that really, is to subscribe to *Live Happy* magazine. I'm going to do something very, very special and it's going to happen today.

All right, I called our staff before the call to look at how many of the inaugural issues of *Live Happy* we have. That's the one that Gretchen is on the front cover of the magazine. So here's what I'm going to do, for everybody who signs up and becomes a subscriber to *Live Happy*, which is only, by the way, \$17.95, okay, for the year [break in audio]. Also, our team is going to send you Gretchen's, as a bonus, her inaugural issue of *Live Happy* with her story and her interview. I just want to ask you to share it and be a part. We just love having you in our life and having you a part of who we are and what we're doing.

I also want you to have Gretchen's information, her Twitter account is @gretchenrubin and Facebook is Facebook.com, Gretchen Rubin, so you can get social with her. She's fantastic and I know she's got great things that she has there for you.

Gretchen, so give us that call to action, what do you want us to do? What is your suggestion for everybody today?

Gretchen Well, because I think relationships really are the most important key to a happy life, think of somebody in your life that you get a tremendous kick out of, or somebody you love, but you've been out of touch with or that you don't get to see enough of, that you haven't talked to, like my sister in California, so call them or e-mail them and be in touch. Or maybe it's somebody from high school that you haven't talked to in a couple years. Even better, here's for extra credit, is if instead of doing a onetime thing you figure out a way to set up a recurrent way to connect with that person. Maybe if you say, "Hey. Why don't we have a monthly coffee?" I have a friend that I never saw and now we go for a walk every Tuesday morning together. What started as a way to get more exercise, it's more important to me as a way to see a friend that I never otherwise saw.

Or make a book group. Sometimes people are like, "I don't really feel like reading a book." You could have a group about anything. You can watch a television show and talk about it. You could watch a game. You could read a magazine. You can have a group around anything that you find interesting. It's just an excuse to get together.

The nice thing about a group is if you miss one time, you'll see everybody next time. You don't have to make a lot of one-off plans and you usually make lots of new friends because your friends will bring their friends. So your social network deepens, but it also expands. So you have this regular touchstone of people. So, either contact somebody one-off or, even better create a way to see them regularly, or being in contact with them regularly. Social media is great to stay in touch with people who are otherwise kind of too logistically challenging to communicate with regularly.

Kym Yes, and share that. If you feel comfortable with it, share their first name. I'm going to contact this person. I love that. I will do it myself. I want to remind everybody that tomorrow for Wake Up Happy it will be Michelle Geilan, founder of the Institute of Applied Positive Research and executive producer of *The Happiness Advantage* special on PBS. That is Thursday, tomorrow. Then on Friday will be Jeff Olson author of the bestselling book *The Slight Edge*.

I want to leave you with a quote from Gretchen. I love this one. Let's see if we can't pull this up on the screen for those of you that are on your computer. "The only person I can change is changing." Just focus on what you can do and who you are.

Gretchen, so loved having this time with you. So appreciate your generosity and the work that you're doing in the happiness space. Thank you, thank you, thank you. And you definitely have us all waking up happy.

Gretchen Well, thank you so much. You're at the forefront of everything that's going on here, so I'm just thrilled to be able to participate in all the millions of things that you've got going at every minute, like in every possible format. So thank you very much for inviting me to participate.

Kym It was our honor. Have a great day, everybody. Be back with us tomorrow and share it and spread the word – Wake Up Happy! See you tomorrow. Bye, bye.