



Transcript: Wake Up Happy with Louisa Jewell

HOST

Kym Yancey

SPEAKER

Louisa Jewell

PRESENTATION

Kym

Hi, good morning. It's time to wake up happy. This is Kym Yancey. I am the Co-Founder and CEO of *Live Happy* and I want to welcome all of you back that are dialed in and plugged in to our Wake up Happy sessions. Not only the one that we're starting that we have today, our second in our series for November, but for September and October; I just want to say, welcome back. I love having you back. It means a lot to us that you're plugging into this, you're dialing into this and a part of it.

For you first time, this is your first time here at Wake up Happy; I want to tell you, you're in a great place. The energy, you should be feeling it on the line; the energy, the positive vibe, the positive emotions that are coming across, whether

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it be your computer or your cell phone or landline, however you're listening to us—she's our special guest. You'll be hearing more about her in just a minute.

I want to tell you, if this is your first time plugging into this and you're hearing the name Wake up Happy, just know that *Wake up Happy* is first and foremost, it's a magazine. We do so much, but we're a magazine. Not only are we a physical publication that you can hold in your hands, turn the pages and read, but it's beautiful, by the way. Our editorial team and graphics team just do a superb job at just putting together a beautiful publication. The writing, the content; all based on positive psychology, academic proof, studies. It's just incredible.

I love what we do, because everything that we talk about, not only during our Wake up Happy session this morning, but everything we talked about is grounded in the science behind it and that really separates us. We also have a digital publication. I want you to know that you can get us. If you don't have *Wake up Happy* now you can get it at Barnes & Noble, you can order it online at LiveHappy.com, you can get it in the airports, Whole Food stores, etc.; those kinds of places.

I also want you to feel free to email me. This will come right to me. So, you hear something and you want me to know about something, just send it to wakeuphappy@livehappy.com, wakeuphappy@livehappy.com. Also, get social

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with us; our hashtag is #wakeuphappy and also @mylivehappy for Twitter and Facebook is mylivehappy; plug into that.

I will say, we started this real cool picture experience with a banana. Don't ask me why, it's just something about the curve of the banana, it's a healthy fruit. We started, in our office, taking what we call these banana smile pictures. I just had some that were sent in to me, and for those of you that are on your computer and your screen, you're plugged into this via your computer you'll see on the screen we've got a series of pictures here of Nicole and Aaron and Paulianna, Lori and Shelly, that all sent in smile pictures, banana smile pictures. This was fabulous, just great so we love that.

We're going to actually see about breaking a Guinness World Book of Records in April of next year with the most banana smiles ever done. We're going to be at the convention center there in San Jose in April. I'll keep you posted with that with what's going on with *Live Happy* as it relates to the power of positive emotions and smiles.

These pictures, if you're seeing these, I just want you to imagine; it's one picture without the banana, and a completely different picture when you have the banana. I really believe that what's happening is, it creates mindfulness and gets

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you plugged in. By the way, also mark this down is, March 20th of 2015 will be the International Day of Happiness; live happy.

Now, this International Day of Happiness has been established by the United Nations. This is a huge deal. This past March, *Live Happy* was the biggest supporter, led the charge for the biggest movement around the International Day of Happiness, and we put up a few pictures there on the screen for you to see, as well. Listen, again, if you can't see these pictures I'll try to paint a picture in your mind.

We put up these big ten-feet wide, seven-feet tall orange walls in thirty different cities across the country, and people would post on these cities for the day, their acts of happiness; how they share happiness, how they bring happiness into their life and uplift others. Again, it really brought mindfulness to what happiness is all about and it was fabulous, it was fabulous. A couple of other cool things I want to share with you that we've launched to really drive the meaning and purpose behind making our planet a happier place, and that's why we do what we do.

With that, are you ready to meet Louisa? She is fantastic. Also, as you hear from her, her Twitter is #LouisaJewell, that's L-O-U-I-S-A Jewell, J-E-W-E-L-L. Again, our hashtag is #wakeuphappy.

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Let me tell you about Louisa. She is the Founder and President of the Canadian Positive Psychology Association. She's a speaker and author who spreads the word about the science of happiness through her workshops or talks and webinars with audiences around the world. Louisa is an instructor of positive psychology at the University of Toronto, and has been featured in *Forbes*, *The Huffington Post*, *The Globe*, *The Mail*, *Psychology Today*, *Chatelaine*, the European handbook of positive psychology, positive psychology work and much more.

Now, through her positive psychology think tank, Louisa works with practitioners to expand their knowledge on how to leverage positive psychology in the work they do with clients. Louisa is a graduate of the groundbreaking Master of Applied Positive Psychology program at the University of Pennsylvania, led by renowned psychologist, Dr. Martin Seligman. Louisa loves to help people overcome their self-doubt, and build the confidence they need to go out and truly flourish.

Louisa, welcome to Wake up Happy.

Louisa

Oh, thank you very much, Kym. It's just so great to be here.

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Kym Hey, Louisa, I want to know what led you into positive psychology. Was there a triggering point in your life? Just fill us in on how you even got in this line of work, and the great work you're doing.

Louisa Well, I'll tell you, Kym; many, many years ago, about 16 years ago, I found myself in a very deep depression. There were many things going on in my life that really devastated me, and I started to seek out some help and I did go see a psychologist. I realized that he was really helping me to reframe things, reframe my thoughts. I really started to study because I thought, if I want to eliminate depression from my life I was going to have to learn how to do this for myself.

I wanted to know what he knew, and that's when I discovered that there actually was a scientific study of psychological well-being and it was positive psychology. So, I applied, I did my Master of Positive Psychology degree, I read about 6,000 pages of research and I applied everything that I learned to myself and I've never been depressed again. That's how I got into it.

Kym That's great. Louisa, do you find through the people you meet in this industry, that so many of them have come from a place whether it be depression or saying, is that all there is or something's missing, I thought I'd be happy when I got to this and it wasn't. What do you find? Do you see a lot of that?

Louisa I do. I think that people seek out what they need in their lives, so you do find that there are a lot of people in positive psychology who have come through some sort of adversity and were looking for solutions; were looking for real strategies that really work.

Kym Yes, we really are. The focus of our morning conversation is flourishing with confidence. How has building your self-confidence made you a happier person?

Louisa Well, Kym, do you know that the number one regret of the dying is, I wish I had the courage to live a life true to myself, not the life others expected of me.

Kym Would you please repeat that one more time? That's a fantastic tweetable statement you just made. Would you say that again, Louisa?

Louisa Sure. The number one regret of the dying is, I wish I had the courage to live a life true to myself, not the life others expected of me.

Kym Yes.

Louisa I think if you really want to live authentically regardless of what your parents think or your partner thinks or your friends think, or if you want to stretch yourself and go after what you really want to make you happy in your life, you need that

confidence to act in the moment; you need that courage to make it happen.

That kind of confidence, I call it the courage to act, in the scientific literature it's known as a thing called self-adequacy.

What is self-adequacy? Well, it's really the belief that you can be successful in a certain situation. That's a little different than just a general feeling of confidence.

I was always confident, and I wasn't shy about public speaking or meeting people at a party, but there were certain things I really wanted to do to take my life in a different direction and those things always scared me; the fear stopped me. Even though I knew I had talents, I didn't believe I had the talent or enough talent.

Let me share a story with you. Many years ago I worked as an employee at an [indiscernible] resource center, and I was helping women who had been out of the workforce for many years gain new skills and find jobs. I had one client who was the superstar of the class, and I knew she would easily get a job because she was so talented. Well, when it came to send out her resume she would not send out even one because she had a very strong belief that even if she got the job they would think that she was an idiot and they would fire her.

You see, it wasn't her talent that was holding her back, it was her belief about her talent. Once we sent her out on a two-month internship she finally saw through her own practice that she did have the talent. She had to experience it, shift her beliefs and then only then was she ready to send out her resume. She did end up getting a job right away.

I always tell people, confidence is not about talent, skills or good looks; it's about your beliefs about your own talent, skills and good looks, and it's those beliefs that will either propel you forward or hold you back. Once I started to change my beliefs about who I am and what I'm capable of and what I deserve in this world, I started to remove all those mental stops that were blocking me from creating the life I love. I founded the Canadian Positive Psychology Association, I started finally writing my book after ten years of talking about it. I wouldn't even be here today if I hadn't gained the courage to really go out and live the life that I wanted [indiscernible].

Kym

Talk about the steps for a second. I have to tell you, this topic is so meaningful to me and so many of us. I especially see it in our youth and some of the challenges they have, but it can't rest with just our youth; I see it in people of all ages. What are some of the steps, what are some of the things that triggers it that drove you forward; habits that you engaged in every day to help you?

Louisa

To help me feel confident, yes. Well, one of the things that was really important was practicing self-compassion. I really had to learn how to be much more self-compassionate. Self-compassion is very important to confidence because the best way to build your confidence in certain areas of your life is to go out and try new things without fear of failure. Failure sometimes offers the best lessons.

A lot of people think that failure is on an opposite continuum than success and, in fact, failure is on the same continuum. We try things, we fail; we try again, we fail. We keep trying until we're successful, so failure is part of the learning journey to success. When you beat yourself up after what you think is less than perfect performance; when you say bad things to yourself you're really almost afraid to try again.

Also, if you ruminate on that bad performance or you're ruminating negatively or saying the same things over and over; saying the same bad things to yourself over and over, you're now saying these bad things even before your next performance so it affects your confidence in so many ways. This kind of rumination also robs you of your happiness. Instead, when you know that you will be there with kind, compassionate words after a disappointment or a failure, you're not so afraid to try again. It's almost like you provide your very own soft cushion to fall on, and you're much happier in that moment.

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To practice self-compassion, one of the things I do is, I actually have a mantra. If I'm feeling overwhelmed or when I'm disappointed with my performance or if I fail at something I say to myself, Louisa, you're doing your best, you're doing your best. Or, if I feel I had a disappointing performance I'll say, well, that was the best you could do in that moment. That mantra is just something that I have; I have it written down, and that is just something that I say to myself when I feel those feelings.

I would say to you Wake up Happy listeners today to choose a self-compassion mantra. That will help them after a failure or disappointment. What will it be for you? Think about it, think about just one sentence that helps you get through those disappointments and it'll make you happier and it will improve your confidence.

Kym Yes, I loved a couple things you said here. I like the trying new things without the fear of failure, try new things without the fear of failure. I also loved this I'm doing the best I can in this moment. It's giving yourself a break; the self-acknowledgment.

Louisa Yes.

Kym As you look at the other things, other thoughts, other tips, things that you've applied to your life; what are some of the other things that you can share with us that you find yourself doing on a day-in and day-out basis to help yourself be happier?

Louisa Well, one of the things that I do regularly, especially if I'm going through a particularly rough time is, I try to focus in on what I call—and this is something that Barb Fredrickson talks about in her research is a positivity ratio. Everybody's ratio is different. What positivity ratio is, is it's the ratio of positive emotions you experience in the day to the number of negative emotions you experience in the day.

When I'm going through a tough time, for example, I'm experiencing more negative emotions than usual so I'll try to find new ways to inject joy into my day. For example, if I'm going through a tough time I might prescribe a half an hour of laughter every day. I don't know if you watch the show, but right now I'm [indiscernible] watch the show *Hot in Cleveland*, and Betty White is on that show and she's absolutely hilarious. Every night before I go to bed I watch it, I laugh out loud. It's my prescription for just making sure I've got that half an hour of pure joy, pure positive emotions.

With your positivity ratio, you are never going to get rid of the negative in your life. I mean, life brings so many different challenges every single day so it's not about eliminating all of the negative in your life, it's about really deciding which negative do I need to bring in and what do I really not need to engage in? For example, do I really have to be upset about that guy who cut me off on the highway for several hours, and ruminate about it? I'll probably never see him again.

Do I have to really care about how the lady at the convenient store treated me? Maybe she was just in a bad mood. Do I really have to engage in those kinds of negative emotions; I don't.

Now, if my daughter's being bullied at school, yes I better drive over there and deal with that; that's the kind of challenges that we need to be ready for. I'm really careful when I'm thinking about managing my mood. It's about bringing in more positive, letting go of the unnecessary negative, and what that does is that really keeps my mood in check.

What most people don't know is that your mood or your emotional states actually affect your confidence levels. Intuitively you know you're feeling good, and when you're feeling good and happy you feel alive [ph] and you have more energy to try things that you just wouldn't have the energy to engage in when

you're feeling really down. But it's really an important confidence factor; a lot of people don't realize that.

Kym

Yes. This is fantastic; the whole positive ratio, looking at the positive versus the negative and those inputs. Hey, I've got good news for everybody here on this, Louisa, that first of all, you're beginning your day with Wake up Happy so there you go; you got a huge dose on the positive ratio side to balance us out .

I have to tell you, I come from the advertising industry and I want to remind everybody that the industry—not to be down and negative on the advertising industry, but please understand that everything you see is really designed to make you feel a lack. You're lacking in something whether it be, your weight isn't where you want it to be, not the right eye lashes, it's not the right hair color. There's always something with media that's there, really, to shake your confidence. That whole notion of bringing that mindfulness to this, Louisa, of taking control of what's going in and changing that ratio so that if you're not getting the positive stuff but you're getting stuff that's just telling you what you're lacking in life, and instead of embracing the things that are positive, that makes a huge shift.

Louisa

Absolutely. Gratitude is so important to that, too, and I talked about gratitude yesterday even. It's about really being able to say, well, look. What do I have

and how can I be happy with what I have as opposed to focusing in on what I don't have? It's kind of a redirection of focus towards what you have.

Absolutely, I think it's so important to do that, and not to compare yourself to the models in the magazines either and beat up on yourself, as well. It's just not a realistic picture is it?

Kym

No. No it's not. Louisa, tell me this. With all the different programs that you lead and teach; when you finish a talk, whether it's in the classroom or it's at a speaking engagement and everybody's leaving and everyone's standing there talking to you, but then there's always that one or two people at the end that are really hanging back waiting for everybody to leave because they're coming to you for something. Very often when they make that connection with you, where do you find them to be the most troubled or the most stuck as a general theme over your years of working with people?

Louisa

Well, it really depends on the audience that I'm speaking to. For example, if it's parents, they're very distressed that their child is in a bullying situation and what can they do about bullying. If it's an individual, usually it's around relationships. They're going through a divorce, and what can they do to overcome and get through these difficult times either for their children or for themselves, or they have a bad boss, for example, and how much that can affect them.

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It's, again, really about some of those strategies. Here's the thing with positive psychology; I'm really trying to get this on the agenda, [indiscernible] Positive Psychology Association on people's agenda is, it's sort of like nutrition and exercise. You can't say, oh, I ate well in January so I'm good for the rest of the year, or yes, exercised in February so everything's good for the rest of the year. It's the same with these kind of happiness habits is, these things have to be incorporated into your day every single day like practicing the positivity ratio or having a focus on gratitude and what you're grateful for every day or practicing self-compassion.

When you have those practices as part of your daily life, and you'll find all kinds of practices at *Live Happy* magazine, that when you start to practice those every day it's like you're charging your batteries; you're changing your brain; you're building psychological resources. Then, when you go through a dark time you will have all of those psychological resources to call upon to get you through all of those tough times. Even at times when your confidence is challenged, you have all those happiness habits and you feel good about yourself. When your confidence is challenged, when you're going through a failure or disappointment you will still have all the psychological resources and tools to get you through.

That's what I always tell people, on a daily basis, is that you can't just apply these things when you're going through a rough time; these are daily habits; it becomes part of your life and it will change you and it will also help you in the long term.

Kym So well said. It really is like positive hygiene isn't it, it's it, Louisa?

Louisa Yes. Yes, absolutely. Like hygiene. Here's the thing, you wouldn't say, oh, I'm sorry I didn't have the chance to brush my teeth today.

Kym Right.

Louisa You wouldn't say, oh yes, no time for my shower this morning. We don't say that and yet we give up on other things that are very important to our well-being.

Kym I want to ask you real quickly before I move to something else and that is, what do you do about those people who are raining on your parade? One spouse or whatever in a relationship is positive, upbeat; the other one seems to undermine their positivity, that kind of thing. What do you say to people in that situation?

Louisa Well, when it comes to confidence, that's very, very important that you're very sensitive to the people around you because a lot of people think that confidence

is only about what you're saying to yourself in your head; those voices in your head, and they think it's an internal phenomena. If you take a look at some of the research on self-doubt, that's what I'm writing my book about, about how to get over self-doubt and how to improve your confidence; a lot of the research is showing that, in fact, we are very sensitive to the people that we surround ourselves with.

As human beings we're very, very sensitive to what people say, how they look at us, how they're evaluating what we're doing. If we're trying to embark on something new, we're trying to do something that's really going to make us happy, and we've got those naysayers whether it's a spouse or a parent or cousins or other family members or friends or colleagues; we're very sensitive to the messages we hear and that could really undermine our confidence levels, that could really stop us from moving forward. You think, oh, maybe this is a bad idea. Oh gosh, that person thinks this is a bad idea, maybe I shouldn't do this. I think surrounding yourself with good people is really important.

Then, I think if you're stuck with the spouse that is really not that positive. I think you have to separate out what is their garbage and what is not; separate it out from what is their garbage and what is not really has anything to do with you.

For example, I have teenagers and sometimes they'll say things that are not very nice and I'll think, well, that's hormones or I won't take that personally because I know they're just having a hormonal fluctuation or something. I don't take it personally and that lessens the impact on me. I don't think, oh gosh, she doesn't like me. I'm a terrible mother. I don't say that. I say, you know what? I think that's them; it's not me; I'm going to leave that with them and I'm not going to allow it to reduce me in any way.

Kym

Yes. Great, great, great. I'm going to have a whole other conversation about that because that comes up a lot; I hear that a lot from people about, I'm positive, this other person isn't. What can I do to make them more positive? All the energy you put into trying to make them be somebody you'd like them to be instead of embracing who you are, being grateful for what you've got and being you. It's very interesting.

Everybody stay right there. Louisa, I want you to give us your call for the day in terms of, when you hang up this phone, everybody, and you move on with your day here are some things that Louisa wants you to do just for the day. I want you to think about that for a second, Louisa. I'm going to come back to you for the ending.

What I want to share with you is, this is why we do this Wake up Happy call and *Live Happy*. Why we do what we do is because we need a place where we can come together. We need a voice. Every one of you that's on this line, you are what I call our happy people. What I mean is, that you're embracing happiness, you're here, you signed up for this because you want to hear. That means that you're open to bringing more into your life, and I want to applaud you for that because, listen, we need each other; we need the connection with you and we want to serve you.

I'm going to ask you if you've not signed up to become a subscriber of *Live Happy*, would you do that? Would you join the movement, because this is how we'll grow together and this is how we'll expand together. Just go to livehappy.com and our editorial team has put together these three fabulous happiness reports. Just for those who subscribe to it, it's not available to anyone else [indiscernible] when you subscribe.

I've got some other great news for you; people have been saying, how do I get a recording of this, or I signed up for this and I'd love to have the recording, but I wasn't able to make it. Here's some great news for you, and you're going to love what we've done. I just want to tell you, it's all free, it's all free. You'll get a recording.

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If you are a subscriber, if you subscribe to *Live Happy* whether it be the physical magazine edition or the digital edition which, by the way, I wanted to let you know when you subscribe to *Live Happy* you automatically get the digital edition, but there are those people that might just want the digital edition only; that's fine. I just want to let you know, when you sign up you get both with *Live Happy*, but if you only get the digital edition you won't get the physical edition. By the way, it's only \$17.95 a year.

Now, we're going to give you these calls, we'll send these to you. We then hired a transcriptionist who transcribes all of it, so you're going to get the transcription of it, and we then brought in a fabulous woman who's doing what I call an infographic; it's graphic notes of the entire conversation in one 8.5 x 11 sheet. It's like artwork, I swear to you. I'm putting it up in my office like artwork. It's fabulous, all free for those of you that are subscribers to us. If you subscribe to *Live Happy* you get all of this, and it's just our way of making that connection.

Now, I want to tell you something else. One of the things that we've been challenged with, and I want you to think about this, and that is, when we get off these conversations, what are the things that we can do as happy people; people who want to make the world a happier place. What can we do?

We created these live happy notes, they are fabulous. I know Brittney's going to pull these up on the screen for you, but they are—think of a Post-it note pad and then there are ten individual, separate hand-written messages on there like, "You are unique; embrace it." Another note says, "You are loved and appreciated." Another says, "Choose happy." Another says, "You make a difference, you matter. Thank you."

Now, here's what I do with these notes. I have them on me. When I came into this building this morning I put them up in the elevator; they're Post-it notes, right? Put them up in the elevator. Go to the ladies room or the men's room, I put them up on the mirror.

Go to the gas station, I put one at the gas pump. My waiter or waitress at the restaurant does a great job, I put my tip and then I put a Post-it note on there that says things like, "You make a difference" "You matter" "Thank you" or "Your smile brightens the room." In other words, this is like happy graffiti and these are little things that we can bring mindfulness to this; little things. That's at livehappy.com, click on our store and you can see our live happy notes; it's 50 of them in a pack. I wanted to give you something that you could get your hands on and you can start spreading happiness, and we all do this. These are the things that just elevate mindfulness around us and positive emotions.

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The other thing we just came out with, I want you to be aware of because the holidays are upon us is, our editorial team created a book called *Live Happy: 50 Happiness Facts and Quotes*. It's a beautiful collection of science-based facts and quotes and it's beautiful and it's easy to read and I mean people will love this; the pages and lots of photographs. It's a very inspiring book. What's really nice is, again, everything we talked about is based on fact.

Then, our new live happy apparel is out. You can see that at the store. It's very cool, it is very nice; the shirts and the different things that we have there. What I want you to know, by the way, is, we provide free shipping for all of you with any purchase over \$50 or more from *Live Happy*. If you make a \$50 or more purchase your shipping is free, but you have to use this code; it's a special discount code and it's wakeup3, wakeup3; the number 3. That's w-a-k-e-u-p the number 3 when you do the order. Really cool.

I just wanted to tell you that I'm excited about it. I hope you are too, because it's a way for us to have impact in our families. What we're seeing right now, people are buying multiple subscriptions, ten subscriptions for the holidays for their family and friends. That's the kind of way that we can do this.

Here's a quote, and this is from Louisa Jewell. I love this, I want to read this to you. This is what I call the quote of the day before Louisa gives you the what to

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do today. "Confidence is not about talent, skills or good looks, it's about your beliefs about your own talent, skills and good looks." That's from Louisa Jewell.

Louisa, take us out of here. What do you want us to do today as we all hang up and go about our way?

Louisa

Well, I'm glad that you said that quote because that is exactly what I want to leave people with is, understanding that it's really about their beliefs that is going to hold them back. If your beliefs about your own talent are holding you back then you have to start channeling your beliefs. My call to people is really to say, when you hear those words in your head and you're talking to yourself negatively in those moments when you have a failure and you say things like, oh I'm such an idiot. How could I have been so stupid? People are going to think that I'm dumb. I want you to really listen to that, and write down if you need to and then challenge everyone.

If you just called yourself an idiot I'd say, wait a second. Am I an idiot? I don't think so. I think I'm a pretty smart person. I have made [indiscernible] maybe not my best work, but an idiot? I don't think so.

I really want people to start listening to their thoughts and then challenging their thoughts because we really have to be our own best friends; that practicing self-

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compassion. It's only when you start making that shift in beliefs, and this takes time, you'll really be challenging yourself and asking yourself, is what I just [indiscernible] the truth or where is the evidence? As soon as we start to challenge those beliefs and we keep practicing that on a regular basis, boy, you're really going to see your confidence levels rise. That's what I'd love to leave people with.

Kym

I love that. Go to #wakeuphappy, that's our hashtag. Tell us about it, send me an email, send me a banana picture, whatever, at wakeuphappy@livehappy.com. That'll come right to Kym Yancey.

Louisa, I just want to tell you I pulled two of my happy notes for you, so if you were here personally, but I'm going to read them. These are my two happy notes to you. "Thank you for being you, you're awesome." My other note is, "You are loved and appreciated, Louisa." Thank you so much.

Louisa

Thank you. Thank you so much, Kym. I would say the same back to you.

Kym

Bubba Paris, three-time Super Bowl winning champion from the San Francisco 49ers. Wake up and be happy with us tomorrow 9:30 Central time. Until tomorrow, I miss you. Bye, bye for now.

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