



Transcript: Wake Up Happy with Michelle Gielan

SPEAKERS

Host: Kym Yancey
Expert: Michelle Gielan

PRESENTATION

Kym Good morning, good morning. It is so, so wonderful this morning, and it doesn't matter what the weather is, it doesn't matter if it's raining, doesn't matter if it's cloudy, doesn't matter if it's hot or cold. What makes this so unbelievably outstanding and wonderful, is that we're here together. And this moment, I wouldn't trade this moment for anything that I have this time with you. It's time to wake up happy. Are you ready to wake up happy?

I want to get a little jiggy with it. You know, I heard that years ago—was it *The Fresh Prince of Bel-Air* that made the jiggy thing popular? And what I mean by, "getting jiggy with it," is just, with all the things that are happening with social media, with Wake Up Happy and at My Live Happy, you know, talk to us, let's make sure that the communication—we love it when you're giving us feedback, we love it when you're re-Tweeting, we love it when you're posting, we love all of that.

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And I think what makes it great for us, is that this is a place where we're all coming together, right? You know, all the happy people, all the people who want to be happier, all the people who want to expand their happiness, all the people who want to learn more about the science of it, I mean, it's just an extraordinary time and so, so much fun.

I also want to tell you that we've got some special people on the line. Now, I have not met you personally, but so special because you're getting ready to get called out. I've got Brenda in Alaska. Brenda, welcome to Wake Up Happy. Byron in London, Penny in Alberta, way to go, wonderful having you on the call. Chuck; Durham, North Carolina. Kelly Olson, Washington. Carrie, Elise and Michael up in Colorado Springs, welcome. Mary Jane, Austin. So we're just speaking your name, I just want to give you a call out and let you know that we feel your energy and we love having you here with us.

Let's talk about—if this is your first time here with us on the call, you probably are saying, "Wake Up Happy, alright," and then there's this company that's called Live Happy, so let me tell you a little bit about Live Happy and what we're all about. We're really a movement. We are leading, what we call, the global movement to make this world a happier place. That is what Wake Up Happy is all about.

And, you know, you can get plugged into us and all the things that our team is doing to bring content, relevancy, significance to people all over the world, and the way to plug into us is really to go to livehappy.com, simple. Everything's there. [Livehappy.com](http://livehappy.com), and there

you're going to find information on a variety of topics, everything from happiness for you, relationships, your lifestyle, your work, the science, the practice.

We've got blogs, you learn about our acts of happiness campaign, some of the things that we're doing—matter of fact, this is really pretty cool. In March, this past March—in fact the day is, mark this down in your calendar, it's March 20th is the International Day of Happiness. This has been sanctioned by the United Nations, it's fabulous. And, you may not know this, but the United States is ranked 17th on the happiness grid. You'd be surprised about all the other countries that are above us, and it really speaks to our lack of understanding and knowing how to apply the principals of happiness in our life, and that's one of the points of this session we're having here.

Our whole Wake Up Happy series is to arm you with the information, the intelligence, and the ideas, and the specific how-tos, to bring more of this into your life. But International Day of Happiness, this past March, we were the leaders in it. If you happen to be on your computer you can see this, but if you're driving, I'm going to try and paint a picture for you. We had walls, these 10 feet wide, 7 feet high, orange walls in major cities all over the country, 30 cities, and people would walk up to these walls and pledge their acts of happiness; what brings happiness in their life, how they're spreading happiness to others, it was fantastic and, in 2015, we're going to make it even bigger.

So these are some of the things that we're doing and it's to really engage people, and we've got some great new things that we're rolling out, all so that we can participate in little ways,

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and let me tell you, I find it is the little things, not only in your relationships or with your kids or with the people in your life, it really is the little things that matter the most, the things that money can't buy. And we've got plans and things that we're doing, but just having you here with us, knowing that you care enough about this topic, that you're here to share; it's just wonderful. So that's what we're doing. We have that.

Our special guest today is Michelle Gielan, you're going to hear from her, and I want you to really get special with her as well. Her Twitter is: michellegielan, and her Facebook is: michellegielan. So, plug into what she's all about and Wake Up Happy, with our hashtag, and just get into the vortex of what's happening here.

The other thing we do, in addition to the website, is we have an incredible magazine, and that's another way that we get the word out. You can find us in the airports, you can find us at Barnes and Noble, you can find us in Whole Foods, just all over the country, and you can find us on newsstands. The wonderful thing is, in this day and age, people are saying, "I can't believe you're printing a magazine with everything going digital." Well, here's the great news, first of all, people love the magazine, and we're getting fabulous feedback on the magazine. It's a wonderful lifestyle magazine but it's filled with—everything we talk about is validated through science. So you'll love it, we have people commenting on the paper, they comment on how the magazine feels in their hands, you know? So we have an incredible, incredible magazine, so I want you to know about that, so, hey listen, and get your hands on it. It's just really fabulous.

Alright, so let's do a recap. This is called Wake Up Happy, we're on the 4th day of a 5 day series. On Monday, we had Shawn Achor, and he shared with us happiness is a choice, happiness spreads, and happiness is an advantage in your life. On Tuesday, we discussed inner peace with Hyrum W. Smith, he is the co-founder and former CEO and chairman of Franklin Covey, and he told us, "If there's a gap between what you value and what you're doing, you won't find peace." If there is a gap between what you value, what's important to you, and what you do, you won't find peace.

And yesterday, we spoke with Gretchen Rubin, New York Times bestselling author of *The Happiness Project*, and our discussion was around the habits of happiness. And her message, with three points: develop strong intimate bonds with other people; number 2, you can't change someone else, you can only change yourself; and number 3 is, when your life reflects your values, that's when you'll be happiest. Isn't that interesting? When your life reflects your values, that's when you'll be happiest. And today, it's all about positive communication, that's what this is all about here today. So, with that, are you ready to meet our special guest?

Let me tell you about Michelle Gielan. Michelle Gielan is a regular contributor to Live Happy, and she's the founder of The Institute of Applied Positive Research. She is an expert on the science of positive communication, and how to use it to fuel success. Michelle works with Fortune 500 companies and schools to raise employee engagement, productivity, and happiness at work. Michelle is a partner at Good Think, a positive psychology consulting firm, and she holds a Master of Applied Positive Psychology from The University of

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Pennsylvania. Michelle is an executive producer of *The Happiness Advantage*, it's a special on PBS, and formally served as the anchor of two national newscasts at CBS News. Her research and advice and received attention from *Forbes*, *USA Today*, CNN, Fox, and NPR. This is a bad lady. I love it. Michelle, welcome to Wake Up Happy.

Michelle Oh, thanks so much for having me, Kym, it's an absolute pleasure. I'm so thrilled to be here with you and with everyone on the call.

Kym That's great, let's get started. Michelle, so tell me, how did you end up going from news anchoring to researching the science of happiness, especially since we don't often think about media and happiness working together—coming together.

Michelle I know, absolutely. Yes, my friends in media thought I was absolutely crazy when I decided to leave my job as a national news anchor to become a happiness researcher. I mean, what even is that? But what happened was, so it was in the midst of a recession, I was so excited to have gotten this job at CBS News, with all the reach and the resources, my mission was always to help inform people, to move them forward in a positive direction; I thought, no better place.

But then so in the midst of a recession, we see all these heart wrenching stories about people who are losing their homes, and their jobs, and their 401(k)s, and how the economic troubles are ripping apart this country. And I felt like the newscasts were just so full of these stories, we kind of just didn't have a break from them. We decided to look at the newscasts and

what was really going on there, because you know everyone always says to me, "Well the news is so negative, it's so negative, I watch it, after 15 minutes, that's it. Shut it off." And what we find is that, it's not just about how negative the news is, it's how the stories were being told that could be a part of the issue.

So in the midst of a recession, what we decided to do was do a very much like this, a series of interviews on how to foster greater levels of happiness in the midst of challenging times, not waiting helplessly until they're over. So we still wanted to take a realistic assessment of what was going on and how everything was impacting us, but we wanted to maintain a belief that our behavior matters, and put those chips and advice into practice from our experts. So, you know who was one of our guests? Gretchen Rubin was actually on our show.

Kym Oh, wow.

Michelle Yeah, so it's so funny how everything comes back around. So, she gave such great advice about how to bring gratitude into our lives, how to reorient our day, make small changes to help foster happiness. We had fabulous experts on financial wellbeing and all kinds of other topics, and we got a better response from viewers, more emails from that week of program, then we had from the six months prior, combined.

Kym And clearly, what does that say to us, say to you as a reporter, as a newscaster? What did that mean?

Michelle To me, I thought it was such a signal that this is the kind of content that people want. People are energized, they want to feel empowered in their lives, and when they have the tools in front of them they can make incredible changes.

I have to share this one story with you. This guy wrote in from Oklahoma and he said, "I haven't spoken to my brother in 25 years. The guy lives just 25 miles away from me, we got in a fight over money, and we cut contact. I heard that his home was facing foreclosure, so was mine, and I saw the person on your show talk about how to rethink financial struggles." The guy ended up reaching out to his brother, they pooled their resources, and they saved one of their homes and moved in together. Awesome.

Kym Awesome, yeah.

Michelle What I love about that, was he was basically making the smallest mindset shift, and realizing how influential his actions were, and all of a sudden, he created a new reality with different results. So, when I saw the results of that week of programming, I said: a) I want investigate what is positive psychology; b) I'm really fascinated with the stories that we broadcast, and how influential that can be on other people. What I've come to realize from the research, the key is it's not just about broadcasters on the news. This has nothing to do with news broadcasters overall. What this is about is that we are all broadcasters, we are all constantly broadcasting information to the people in our lives.

Its managers who broadcast to their business teams at work, parents who talk to their kids about how they're doing in school. It's spouses who come home, and your spouse asks you, "how was your day?" It's what you broadcast in those moments, and how incredibly predictive the things that you choose to focus on are on not only your levels of happiness and success, but the happiness and success of the people around you.

Kym Yeah, you know, I love that. Listen, here's my Tweet, "We are all broadcasters. What do you want to say?" You know, my father used to tell me, "Your actions speak so loud, I can't hear a word you're saying." That is a unique way to think about this. Each and every one of us, when we get off this session today, you're a broadcaster. That's right. I love that. I love that. Let me ask you about—you know, you studied the impact of our communication and how that affects our happiness and our success. What does your research tell us about this?

Michelle Well, what we're seeing in the research, and this is research from the field of positive psychology and from neuroscience, which, by the way, I'm so thankful that Live Happy has taken such a research based approach to the articles that you include in the magazine. The research, not only is fascinating, but it really informs us on what works. Why should we even invest in making these small habit and mindset changes? And it just guides us in a better way than just, sort of, having this feeling that we should do something. We see in the research now what actually produces results.

So, what we find in research now is that when we broadcast a positive and optimistic mindset to others, we are not only happier and more successful ourselves, so are they. And the

reason is because when we are talking about positive and optimistic parts of our reality, and focusing other people's attention on them as well, it unlocks the brain for higher levels of potential. The reason is that when our brain focuses on the negative part of our reality, when we feel stressed, when we are looking at all the hassles, the complaints, the problems, our brain actually has a totally different chemical response than when we focus on the positives.

Through all this, I never want to ignore reality. I'm not saying, "Oh let's become an ostrich and put our heads in the sand." We want to see what's happening, you know? But what we want to do is take a spin on it that says, "Okay, even in the midst of challenging times, I believe that my behavior matters. I believe I have the resources at my fingertips that I can access to overcome this challenge. I have a social support system that believes in me, and is going to help me through this."

When we connect to all of those things, we end up having a different feeling in ourselves about our ability to overcome challenges, but also, our brain switches from a stress state, where the amygdala is activated when fight or flight cortisol is flowing through our system, we've got adrenaline coursing through our systems, to a place where, instead, we have dopamine in our brains, which turns on—and this is the fascinating part that—I never realized this when I was at CBS and happy or stressed or whatever, but when we're happy, we get dopamine in our system, and that turns on all the learning centers in our brain. It basically boots our brain to the highest level of cognitive performance we can achieve. So if we have a struggle in our relationship, it is much better to be in a more positive and optimistic state

because we have all of our brain resources, for instance, to look at that problem and [indiscernible] solve to move our life to the next level.

Kym Oh my gosh. Okay, let's break this down. Just, I mean, you're doing it, and some of you are saying, "She did break it down," but we're going to break it down some more. First of all, listen, okay, here's a great Tweet: "When we broadcast a happier and positive mindset, it unlocks the brain for higher potential." Alright, "When we broadcast a happier and positive mindset, it unlocks the brain for higher potential." Now, see, this is incredible, because you're not talking about looking at the world through rose colored glasses. A lot of us that are happy, right, and then someone says, "Yeah, you just look at the world through rose colored glasses." What you really are saying is, when you are faced with these challenges, the choice is there, and by making these shifts, the clarity, the way you solve the issue, everything, it's better.

I'd like to hear what your solution is to this, Michelle, when you're having those moments, when you have those thoughts, and we all have them, right? Where we're, like, down, or we're like, "Oh, gosh," or whatever the case may be, what I've learned, especially through Live Happy, is I have my own little signal, and I'll just pass onto you what mine is, mine is: cancel, cancel. Now this sounds like a little silly thing, but I will say to myself, "Cancel, cancel, get rid of that thought and choose another path." What do you do, Michelle? What do you do when you have those thoughts that you know aren't helping you?

Michelle Oh, that is so great. So, I love, "Cancel cancel," that's great. I have been trying more recently to institute something along the lines of, I mean I guess I would call it, "Table it." "Let's table this," you know, like you table a discussion? Because there are times, especially now because I have a little baby, he's wonderful, he's seven month old, and as any new parent knows, there's lots of challenges when it comes to sleep.

Kym Yeah.

Michelle So, there's going to be times when I'm literally walking around like a zombie, and my brain, because I think that I don't have all of the cognitive resources that I need, you know, I don't have energy and I'm just exhausted, my brain can get latched onto a negative thought, or worry, or something that doesn't sit right with me, and it starts ruminating over, and over, and over, and I can slip into that for a long period of time. So what I've started to do is say, "Okay, we know we've been through this before. Let's just table it. We know we're tired right now, and if we want to still revisit this issue, let's do it after we've slept eight hours, and then come back to it." And inadvertently, 99 times out of 100 [indiscernible] when I have slept for eight hours, that thing is not even an issue anymore, at all, or I have the brains to solve it, so everything's okay. So, I think, "Table it," for me has been so helpful.

Kym I love that. Table it. Table it. Look, here's the thing, whatever you choose, she chooses, "Table it," I use, "Cancel, cancel," what it really is, it's a trigger to your brain right, Michelle, that says stop it. Right? Stop it. Get out of this, go to another level. I mean, the minute you feel yourself dipping down, Michelle, this is what I'm getting from you, is at that moment, you

can make a better choice. You can look at this differently. You can approach it differently, and it's going to make a difference. Anything else you want to say on that before I get to my next question, because I have a boatload of questions for you, Michelle, anything else you want to comment on that?

Michelle Well, I think that the thoughts that we broadcast in our own minds, that's one level of broadcasting, and the stuff that we broadcast to other people is the other level. And you always hear, "You get what you give." So, if you put out to the universe and think positivity and optimism, I think that that gets returned. A very simple example is when you're feeling great, and I know this has happened to all of us, you're feeling great, you're at the office, you're walking down the hallway, and you run into your colleague, and you say, "Hey, how's it going?" And the person turns to you and says, "Let me just tell you, I'm stressed. It has been a terrible day. My boss is riding my a** and I'm just annoyed at the world." What is happening in those moments, is we don't feel—at least most of us, I would think, don't feel comfortable, then, to say, "Oh, well that's—oh, you know, I'm having a great day!"

Kym Right. Right.

Michelle It's awkward, right? We match. We're social human beings, and we want to match the other person. What happens in those moments is, unfortunately, that negative person is taking over the social script of how the conversation ensues from that point. So, where we want to have compassion, obviously, if people are having trouble from time to time, it's the people who are continually negative, if they are setting the social script of how we interact at the

office or in our relationships at home, then that's unfortunate. And I think too often people think, "Well, this person's negative, and I just don't know what I can do about it." I say, let's not let the negative people win. We have so much influence in how we express ourselves and the level of positivity—the level of positivity that we express can actually override other people's negativity and reset the social script to be more positive.

Kym I love that. What do you do, Michelle; that person that's doing that, like you said, you're right there at the water cooler or whatever the case may be, and everybody knows this is the negative person. In that moment, when they tell you that, what do you say, what do you do, what do you suggest we say?

Michelle Well, what I always suggest is something I call, "The power lead." I took this from my media background. The news, usually the slogan is, "if it bleeds, it leads," right? They look for the most sensational negative story that they can find, and they put it at the top of the news. And so, this is taking a different tact.

Remembering the fact that your brain is—when we're positive, our brain's potential is unlocked. If we can offer up something positive at the start of any kind of communication, I'm talking about emails, meetings, phone calls, someone asking you, "Hi, how are you," what that ends up doing is setting the social script to positive and raising, what we call, the positivity ratio, which is basically the amount of heartfelt positivity that you feel during the course of an interaction, versus the negativity that you feel. So, "power lead," can be anything.

We worked with a technology firm out in California, and this manager said, "Alright. I'm buying the research. I think you've got something here. I'll try it out." He had a morning meeting every morning, his team was very stressed out, they had very high stress jobs, and so what he decided to do was offer three gratitudes. He started the meeting out with something positive: one thing he was grateful for about life in general, one thing about the team, and one thing about someone specific on the team. He said that made such a tremendous difference to the way the meeting unfolded, and then in turn, the way the day unfolded. So any time you can start off any interaction with something positive and simple—if someone asks you, "Hi, how are you?" It doesn't have to be some long, drawn out list of gratitudes, it can just be "I'm doing great". I had breakfast with my daughter this morning and she has been so funny." Simple.

Kym Right. I got you. And, Michelle, the other thing that I've learned, too, is when I've got the, what I call, the unhappy person, so to speak, I just like to get the jump on them, and I start with something positive before they even—you have to get the jump, you know. "This is an incredible day, isn't it? I love—oh look, that's a beautiful color you've got on."

Michelle You've got to cut them off in the act.

Kym Because you know they are going to go there. But, you know, what's interesting, in all of our families, Michelle—I come from a family of four and one is a little grumpier, one is overly happy and all of that, and you are so right. Having the person with the negative script take

over, and all the sudden the office or the business or your home is evolving around that; bad plan. That's wonderful.

Let me ask you, a lot of times when we talk about happiness, we're thinking about raising our levels of happiness, or helping people we love. You know, helping other people in our life, to help them to be happier. What's your feeling on that, and what's your research show about helping to improve the happiness of others? We've touched on it here with the negative person script, is there anything else as it relates to families that you've learned about helping others?

Michelle First of all, I would say, don't lose the faith. I know that there's a common belief that we can't change other people, but what we're seeing in the research is that if someone were to just simply do three gratitudes a day, for a period of 21 days, these are 84 year olds, grumpy pessimists, we've seen that their brain will change. Where they might start out the 21 days as testing as a low to moderate level pessimist, by the end of the 21 days, their testing is low level pessimist, and if they keep that practice up, they can test as low level optimists six months later.

So I think that it's really important to understand that the brain is malleable even if we've spent more than eight decades practicing our pessimism. And we have power as people close to them to shift their attention, and shift their focus. Instead of indulging the conversation when it touches on negative topics, and continuing it on, how can we redirect

the conversation? How can we ask a question that's positive based, that helps their brain reorient the positives?

I know it's challenging in the midst of it to feel—you know, I've been there, I'm doing all this stuff, and it just doesn't seem like this is really working. I don't feel like I'm changing this person. But you are, and we have seen in the research and on brain scans that those small changes to our conversations can really make a big difference.

Kym You know, I love that. I love the 3 gratitudes a day for 21 days, that's a great Tweet-able moment. I want to ask all of you, go to @mylivehappy and tell us what you're grateful for. Give us three things today. Let's do that, let's all go out and just—here's what I'm grateful for. Let's start out today, and come back to Live Happy and post every single day. I mean, here's the thing; it is a habit. It is something that will change your brain, as Michelle says, but, you know, Michelle, we just have to start the practice, don't we? We just have to have the faith, don't give up, and start doing this, and the changes start to take place.

Michelle Yeah, absolutely. It's the little changes that make a difference, absolutely.

Kym Okay, I've got a couple of quick lightning round comments I want to get from you, what we call how emotions spread. What is your feeling about social media and how emotions spread through social media, and the right way to use social media so you don't end up unhappier after spending time on Facebook, and Twitter, and so forth, what are your suggestions there?

Michelle I think, don't follow people that you don't know well unless you're okay with how the interaction makes you feel. If you're just looking at famous people's pages, and wishing that you were them, and have celebrity and status, this is the wrong way to use social media. What I think the right way is, is when you can use it in a way that informs your relationships and your connections when you see those people. For instance, I have a friend out in California, she's got two kids, I see beautiful pictures of her kids as they're growing up, I see the vacations they've gone on. That way, when I'm seeing her in person, I end up having deeper, more connected conversations with her as a result. Just to follow Katy Perry, that doesn't necessarily have a positive influence on my happiness.

Kym Yeah. I tell you what, too, don't let someone get in your social media and rant and rave. Get them off. Block them if you can. You are so right, that's great. As we wrap up, I want to share with them that happiness really runs in the family here. You're married to a very, very successful, well known researcher, by the name of—you want to give the name?

Michelle Shawn Achor.

Kym Shawn Achor, what a team, right? You've got these two incredible happiness masters, really teachers, and they're married to each other, it's just—I cannot wait to see your son in 20 years, you know.

Michelle Just a little bit of pressure to have the happiest baby on the block.

Kym Listen, Michelle, I so loved this, and I have another comment that I asked for her quote of the day and I'm going to share that, and I also asked Michelle, that she would give you the steps, like when we hang up our lines today to go forward, she's got some things she wants you to do. So I want you to listen to this, but I want to ask you if you'll be a part of the movement, the Live Happy movement. I want to ask you if you'd please subscribe and be a part of what we're doing. Your support means the world to us, but I just want you to know, that what we've got for you is content and information that is nothing but transformative, it's nothing but fresh, it's all information that most of you have never been exposed to. Everything from food, wellbeing, sports, exercise. In fact, Michelle and Sean are both contributing authors, so we get the best of them in our magazine. So just go to livehappy.com.

I've also put together for you three free happiness reports on family, on business, and on [indiscernible]. These are some special, custom reports that our editorial team put together that we're going to give you for free when you do this. So please consider doing that.

I also want you to know that tomorrow, for our Wake Up Happy lineup, we have the incredible Jeff Olson, author of the bestselling book, *The Slight Edge*, and he has got some information that is just extraordinary, I mean, I just love him to death, and so he will be here with us tomorrow for Wake Up Happy.

I want to go ahead and read this quote from Michelle, and the Michelle is going to then leave you with what to do as you proceed with the day. I hope you're really enjoying us, and we're

loving having you, let me tell you that. Here we go: "Cultivating an optimistic mindset fuels our happiness and success, but too often we stop there, expressing that positive outlook with others multiplies the benefits for all. Connecting through positivity with our colleagues, friends, spouses, and children strengthens the breadth and depth of our relationships; the greatest predictor of happiness we have, and it unlocks everyone's potential for success by creating an environment where there is a belief that positive change is possible."

I love that, where there is a belief that positive change is possible. So, with that, Michelle, what do you want them to do to create a happiness sonic blast here today?

Michelle Alright, I am so excited. I want everyone to be those positive broadcasters today, so I'm asking everyone to try the power lead out today, and I'm going to give you three quick, easy ways that you can do it. One is to send a two minute positive email to someone that you know and love, and tell them why you're thankful for them, or praise them in a way that communicates why they're so meaningful to you. Number two is to post a positive Facebook post. Facebook and Twitter and all the other social media has an influence on other people's brains, the more positive their feed is, the more likely they are to post positive things. So start that influence chain.

Lastly, the next time someone asks you, "How are you?" say something positive, say something deep and meaningful that helps you connect to that other person. Neutrality is a missed opportunity to spread positivity, so use that moment to the best of your abilities. Also connect with me on social media; please let me know how it goes because I always want

to hear about how you who are bringing that research to life—how you've done it, and the results that you've seen.

Kym I love that, Michelle that is so fantastic. So listen, tomorrow I've got some really big news for you too. People have been asking about transcripts, they've been asking about these calls and recordings and all that. I'm going to tell you guys all about that tomorrow, about some things we've got going on and new plans, so don't miss us tomorrow. It's Wake Up Happy with Jeff Olson.

Michelle Gielan, you are a gift. Thank you so much for sharing your wisdom, and the ideas and strategies. Can't wait to meet you in person. In person.

Michelle Kym, thanks so much for having me; it's been a pleasure.

Kym Alright everybody, listen, you know what to do. By the way, when I tell you that you're listening to Wake Up Happy, Wake Up Happy is just a metaphor for that whole notion of wake up in your life, wake up happy all day long for the rest of your life. We'll see you tomorrow. Bye-bye for now.