



## Transcript: Wake Up Happy with Shawn Achor

### HOST

Kym Yancey

### SPEAKER

Shawn Achor

### PRESENTATION

Kym            Good morning. It's time to Wake Up Happy. I am so thrilled that you're with us this morning. This is going to be a great day. And do you know why specifically this is going to be a fantastic day, because you're in it and you matter, and you make a difference and you bring a light to all of us. So I just want to say that we can feel your energy; we've got people on the phone from all over the country. We've got Birender from India on the phone; we've got Jane Musabas from Austin, Texas. Hi, Adriana Leslie from Pennsylvania, Pennsylvania. How about you, Sara Atkinson, up in Brooklyn, New York! And Jay in Hawaii, a little early there, too, Jay. Of course I don't know the translation in time with India, but I just want to say – Welcome, welcome to Wake Up Happy. This is going to be a phenomenal, phenomenal experience for all of us for multiple reasons, because we're exploring deeply the power and the impact of happiness.

My name is Kym Yancey. I am the co-founder and CEO of Live Happy. We are an organization that's leading the global movement to help make our world a happier place.

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You know, happiness is more than a feeling; it's a decision; it's an attitude; it's a way of life. And our holistic, science-based approach gives you the keys necessary to unlock authentic happiness. The thing is that everything we do at Live Happy is based on the science, academic proof and studies around happiness, and that really takes it to a completely different level when you think about how those of you that are on this phone – and I know that to be here, you're already very happy, which is great, but you also want to expand that. And if you've been saying to yourself, you know, I want to be happier and I'm looking for ways, and I know that things aren't just as they could or should be for me, well, this is the right place. No matter where you are on the happiness curve, this is the right place to be.

The thing is, we also have Live Happy with our movement towards a making the world a happier place, probably one of the first questions you might say to yourself is, "Gee, how do you do that? Like, what are the steps to that?" Well, one of them is we've got a world-class magazine called *Live Happy* and if you've not seen it, let me tell you, you can go to Barnes & Noble's, it's at the airports, you can subscribe to it, but it is literally everywhere in the US right now. We're about to release our digital version of our magazine is coming out in October, so there will be worldwide access to this content. But I mean to tell you, the content in this magazine is just phenomenal.

I can't get over the stories of impact and the people who are saying I'm going to *Live Happy* magazine; I'm a senior executive at some corporation or I'm an entrepreneur with my own business and their eyes are being just absolutely awakened with the content, with the real life stories, with the strategies, with the tips and the ideas all designed to help you be more successful and most importantly more fulfilled and happy in every aspect of your life.

So I want to encourage you to really get, we want to get plugged into you and we want you to get plugged into us. So the magazine is one of the best ways you can do that.

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The other thing is we have a phenomenal website and you can find it at [livehappy.com](http://livehappy.com). Most of you have already been there or you wouldn't be on this call, but [livehappy.com](http://livehappy.com), where we've got information for your own self, your relationships, your lifestyle, your work; the science, the practice of this; we have blogs. Last March, this past March we were the number one sponsor of International Happiness Day. If you're not aware of this that March 20<sup>th</sup> is International Day of Happiness and we were one of the number one sponsors across the country. We put up these incredible happy boards; they were 7 ft tall by 10 ft wide, happy boards, orange happy boards and people were posting their names and sharing their acts of happiness on how they're going to help others. It's just tremendous. And we're doing more of that in 2015 on March 20<sup>th</sup>. We'll be doing the same kind of thing in cities across the country.

In addition to that, we've launched, and you're part of it this morning with our first Wake Up Happy conference call, webinar. And our lineup today, as you know, we're kicking things off with the incredible Shawn Achor. He's our guest this morning. You'll be hearing from Shawn in just a moment. Tomorrow we'll have Hyrum Smith, who is the cofounder and former chairman of Franklin Covey. Then on Wednesday we have Gretchen Rubin, *New York Times* bestselling author of *The Happiness Project*. Then we have Michelle Gielan. She's absolutely incredible; a premiere research specialist in the world of happiness and a former journalist. And then we wrap things up on Friday with Jeff Olson who has written an incredible book called *The Slight Edge*. Just what I call a master, master thinker and entrepreneur; just phenomenal, so that wraps out the week.

I want to also encourage you to get social with us, get social with Live Happy and tag us. And for this conversation, I mean, you know our hashtag is Wake Up Happy, so just #wakeuphappy and then also our Facebook is uh, [facebook.com/mylivehappy](https://www.facebook.com/mylivehappy). Instagram is [mylivehappy](https://www.instagram.com/mylivehappy). And Twitter is [mylivehappy](https://twitter.com/mylivehappy). So you can connect with us through all of our social connections there. We'd love

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to hear from you and know what's happening with you in your life and how what we're doing is impacting you and helping you as well.

I also want to tell you, I've got some exciting news. It's some nice little gifts and things that we're gonna have for you at the end of the show today. So, you know, look, you're here live and we really believe that those who show up are the ones that really get the fruit. And having you here live with us means so much to us and so we're just thrilled about that.

Alright, well, with that, let me introduce you to this incredible guest we have. His name is Shawn Achor. He is a *New York Times* bestselling author of *Before Happiness* and *The Happiness Advantage*. He's the winner of over a dozen distinguished teaching awards at Harvard University where he delivered lectures on positive psychology in the most popular class at Harvard.

Shawn has become one of the world's leading experts on the connection between happiness and success. His research on happiness made the cover of *Harvard Business Review*. His TED talk is one of the most popular of all time with over 7 million views. I love that my first experience to Shawn was his TED talk. And I've got to tell you, whatever you do, check that out. It's fantastic. It really gives you who he is and you'll hear his voice here and who he is in his TED talk is who he is in person. It's just a tremendous individual. And he has sat down with Oprah Winfrey not once, but twice to discuss his steps for achieving happiness on OWN's Super Soul Sunday.

With that, Shawn Achor, welcome to Wake Up Happy!

Shawn Thank you so much. I'm so glad that I was like, oh no, they can't hear me because I've been so looking forward to having this opportunity to speak with you again, Kym, and to get to talk to all the people that are on the phone with us right now.

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Kym            That's great. So, Shawn, let's start with the most important question. How was it going to Oprah's house to talk about happiness? What was that like?

Shawn        It was incredible. I had no idea what to expect. It was one week after I had given, my wife and I had given birth to our first son and we were on cloud 9 because of that. Shell had just gotten out of the hospital and I had to fly out to California, but Michelle gave me permission because it was for this incredible opportunity to talk with Oprah about happiness and about this happiness research. Because like you, Kym, she's excited about the fact that there is real research that's coming out that's showing people that, you know, we've heard people for years telling us, happiness is a choice, happiness is possible; we've heard this from our grandmothers, we've heard this from motivational speakers, and what's happening right now is we're living through a revolution that's allowing us to be able to research all the things that we've been hearing about in the past.

And what we've been finding is phenomenal. I mean, what we've been finding literally changes what it means to be human, because it means that we don't have to just be our genes and our environment; it means that we could actually choose to be happier if we were creating positive habits. And I went on with Oprah to talk about how I went through depression when I was at Harvard and about how this research helped pull me out, and what I've been doing ever since, and she was describing her own experiences. That despite having wealth or successes that depression can hit all of us and that happiness is something that requires effort and a choice on a daily basis.

So it was a thrill for me to get to share the research and to meet someone who's just a life scholar like her, but what was really exciting and it's the reason I was so excited to join this Wake Up call is

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that I'm excited about this research getting out. Because the little speaker at about scientific research says that the average scientific journal article, the average study is only read on average by seven people total.

Kym Right.

Shawn So, we've come up with this incredible research, but if there aren't things like Oprah and if there aren't things like *Live Happy* magazine, then if this research doesn't get out to the people who could be using it most, with their families, with their work, when they wake up in the morning.

Kym Yeah, absolutely, Shawn. How do you define happiness in your research, Shawn? How do you define it?

Shawn So a lot of people think about happiness as pleasure. So, if I'm not feeling that high level pleasure right now, I can't actually be happy. I think that's not a great way of doing it because pleasure is something that's short-term. It doesn't actually last for a very long period of time at all. So you're happy after eating a chocolate bar, but then five minutes later you might be feeling bad that you ate that chocolate bar. What we want people to do is to redefine happiness, and this is, I think, at the heart of the movement that's happening right now, is that we can redefine what people are thinking about when they talk about happiness by going back to the ancient Greek definition of happiness. It's what I was studying back when I was at the Divinity School at Harvard studying Christian and Buddhist ethics, and one of the definitions there was happiness is the joy that you feel growing towards your potential.

And I love this definition because joy is something we can experience in the ups and downs of life.

There's always something you can experience even when you're going for a long run or even in

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the midst of childbirth, which we were experiencing earlier this year. It's not necessarily a pleasurable experience at all at some points, but it's also this experience of incredible joy. And joy is something you can feel on the way towards your potential. It's not once you hit your potential or once you hit some sort of goal; joy is something you can experience but also fuels that process of us becoming our potential.

And that potential is not just defined as materialistic terms, but potential could be your potential as a wife or as a husband or as a mother or as a poet or as a musician. And what we're finding is that if people do feel that joy, then they're more likely to sustain those positive changes and be able to keep that happiness for longer.

Kym            Shawn, you've traveled to over 50 countries all over the world. What have your travels taught you about people, how we all are? There are some commonalities between how we all connect with happiness, but what have you learned; what have your travels taught you about happiness?

Shawn        Well, I think a lot of people think that the happiest countries would be the ones with the most money or the most stability or the best education, and in traveling to all these places what I realized was that that wasn't the case at all. In the research we've been doing, there's a fantastic researcher names Sonya Lyubomirsky and she found that only 10% of our long-term levels of happiness are predicted based upon the external world. That's everything. That's how much money you make, where in the world you live, what the weather is like outside, what the weather's like where you woke up this morning, how many kids you have, if you have kids, if you're married; all that information combined we can only predict 10% of the variability between happiness between individuals based upon that information. That 90% of your happiness is based not upon the external world, but how your brain processes the world you found yourself in this morning.

Kym            Shawn, say that one more time. This is a heck of a tweetable moment. Would you, 90%, go ahead, Shawn, one more time.

Shawn        90% of your long-term happiness is predicted based upon how your brain processes the world you find yourself in. So, in other words, only 10% of your happiness is external; 90% of it is internal; how your brain is looking at the world. And why that matters is as I've traveled to these places, you know, some of the happiest countries I have visited were places like Venezuela or Zimbabwe where they're experiencing political and economic instability; where you never knew what was going to happen that day. You didn't have all the benefits of some of the wealthier nations, and yet we found some of the happiest and most optimistic people I'd ever met in those places.

And the reason for that is because happiness is created not by those externals, but about the optimism we hold or how the depth and breadth and meaning in our relationships, or how we view changes in the world. Do we view things that are going on in your world right now as a threat or as a challenge to your brain, and your brain responds in completely different ways. So, what we got fascinated by is, is that while people had different definitions of happiness around the world, what causes happiness and what causes happiness to flourish is not the externals, but is about how your brain looks at the world.

Kym            Shawn, let's talk about the implications that has on this morning, today. In fact, the irony of this is on Friday, I was at a speaking engagement and I heard several of the waiters and different people saying, and I'd say to them, "Hey, how are you doing?" "Oh, it's Friday. The eagle flies on Friday. I can't wait. It's Friday." And so they're so excited because it's the end of the week, right, and then they start off on Monday and they're feeling like, "Oh my gosh, it's Monday." I mean, let's take the implications of just that, this statement in this research and what we can do with that



information to make this whole day feel and look different to all of us. How would you apply it to this?

Shawn Well, I think that there's multiple realities in every moment. So one reality might be that you're waking up and you have work today or you're waking up and you're in debt or you're waking up and you have kids that are screaming, or you're waking up and it's beautiful outside or you're waking up and you realize you have an opportunity to expand a skill set or you have the opportunity to deepen your relationships with the people that you love. What we're finding is that there's multiple realities at every single moment.

What happens is, is that so often people choose a reality that actually causes them to feel more negative. In other words, what that means is that they start to think to themselves, like they focus on I can only be happy on the weekend, or I'll only be happy once all this work's done, or I'll only be happy when work is over today and it's 6 or 7 or 8 p.m. at night and I've got that one hour of happiness. If you do that, you're relegating the rest of your experience, the rest of your reality to negativity and to stress, or to a place where you're like I can't wait for this time to fly by.

So, so what we're finding from the happiest individuals, the top 10% of happiest people in the world are not happy all the time, but they're able in the midst of all of these different things that happen to them to continually choose to focus on the things that cause them to feel better within that environment. So this morning, you actually have a choice. You can look at your emails in your inbox and think of it as a soul-draining activity or it's preventing you from doing other things you want to be doing, or it's boring or tedious. You could also see that exact same inbox as an opportunity for a connection with other people, or it's proof that you're doing something right so that people are wanting to connect with you, that you're actually important to a system. And what we find is that if somebody took that positive view, what we call the "most valuable reality within

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that situation," if you can choose to focus on things in your life this morning that are a positive way of looking at things instead of negative, it turns out you're better at dealing with that inbox, and you do it faster and you feel less fatigued afterwards. If you have dishes in the sink, if you see it as an opportunity to show love to your spouse, you find that not only do you go faster at doing the dishes, but you actually finish it feeling rejuvenated, you feel successful, you feel like you've done something to make your life better and somebody else's life better.

When people choose that positive reality, it turns out that they start reaping other advantages as well. It's what I wrote about in my first book *The Happiness Advantage*. It's when your brain is positive, if you choose that this morning, even on something simple, it turns out for the rest of the day you're three times more creative, you're 31% more productive, we find peoples' sales rise by 37% when they're positive instead of negative; we find that you're 40% more likely to receive a promotion over the next two year period of time. What we're finding about is that that choice for the most valuable reality has an implication for the rest of your day.

Kym

Shawn, they're finding this in corporate America. Obviously, you're doing a tremendous amount of training with the Fortune 100 to Fortune 500 around happiness. I remember a long time ago cutting the grass as a kid, and my dad would have us doing all these chores, and I remember thinking to myself, "I'm not very happy right now." And my father's whole position is, "Hey, listen, I'm not here to make sure you're happy." And of course he wasn't trained in this, it's how words and deeds are passed around through our generations. You know what I mean?

So here's what I want to ask you, Shawn. Starting today, somebody found out that maybe their daughter or their son was picked up for shoplifting. Starting today, someone found out that their boss isn't very happy with them at work. Or starting today, maybe they're finding out that that sale they were trying to get didn't come through. What can we tell them today around just

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building what you've said already about some things that they can do to help them reframe some of this?

Shawn Well, the first thing I would say is that when negative things happen, they trick the brain. They make you think that that's the entirety of your reality. In fact, actually, that's the difference between optimists and pessimists. If you start talking to people about some of the happiness research you're reading and live happily and you tell somebody who's negative, they'll be like, "Look, I'm not being an optimist or a pessimist, I'm just being a realist right now." But that comment actually doesn't make any sense, because both optimists and pessimists can both be realists.

We can all see those problems when we wake up in the morning that we need to keep fixing. And what we're inviting you to do here is to not overlook those negatives, not overlook those problems, but what we want you to do is to change the way that you look at them. So, a pessimist sees a problem this morning and says, "This is permanent, this will always be the case and affects every part of my reality today." The optimist sees those negatives but says, "This is only one part of my reality. This is local. There are other parts of my reality. Don't tempt me to think that this is my entire reality. And, that this negative is temporary; that this too will pass."

What we find is that when people take that optimistic viewpoint, they see the problems, but they're able to fix it. And the fuel that they use to fix it is by their brain is actually fueled by the things that they're grateful for.

When you're grateful this morning, for example, if you're trying to change the way that you're looking at things, to reframe it, one of the simplest ways and one of the most researched ways we've done this is to actually train your brain to get better. It's just like you train a muscle in the

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gym. We have people for 21 days in a row think of three new things that they're grateful for that have occurred over the past 24 hours. So this morning, think of three new things that you're grateful for that happened within the past 24 hours.

Kym Let me just stop you there. You've got nothing but phenomenal, tweetable moments, but for all of us, think of three new things you're grateful for. That's a great tweetable thing to share with your community.

Alright, go ahead, Shawn.

Shawn Yes, we found that as you're doing that, your brain gets better and better at scanning the things you're grateful for, but here's the best part. When your brain scans for the positive, not only do you feel grateful in that moment, but your brain releases the neurochemical that most of the people on the phone know—it's called dopamine. Dopamine is this neurochemical that floods through your system, raising your levels of happiness and enjoyment. But dopamine and happiness turn the learning centers on in your brain to their highest possible level. When your brain actually can figure out ways to solve those problems even better, we find that your energy rises. Your success rates rise. Every single business and educational outcome improves when the brain is positive.

So by taking a moment to think of the things you're grateful for, you're starting your morning at a more valuable reality. Instead of starting with all the fires you need to put out, you're thinking about the things that fuel you as you're trying to solve those problems and you're reminding your brain that those negatives are not the entirety of your reality; they're actually one piece of it. And when people make that choice what we find is they continually make other positive habits in their life.

And if gratitude is hard for you, although you can do them in your car, you can do them while you're brushing your teeth, you could also do other habits. I've been looking for any habit that takes a short period of time that could transform your entire day and we found that if you took two minutes this morning to think of just one meaningful experience you had yesterday and you tried to remind yourself of every detail about that one experience from the day before—what you were wearing, what you were thinking about, what you're saying—your brain can't tell the difference between visualization and experience, so you just doubled that meaningful experience but today. So you took yesterday's meaning, brought it in today—you do that for the next couple days, we found your brain starts to connect the dots for you and it's the fastest intervention we've found for raising people's level of meaning that they feel within their life, because everything in their life after that moment starts to wrap around that moment of meaning.

We found 15 minutes of exercise is the equivalent of taking an antidepressant today. So if you want to go for a walk this morning to start your day, 15 minutes of fun, mindful, cardio activity was the equivalent of taking an antidepressant. Two minutes of meditation increased not only our accuracy rates, but our ability to go back and forth from multi-tasking to single-tasking and raising levels of happiness. And then the best one—and Kym, this relates to the social media you're taking about—is write a two minute e-mail today praising or thanking one person you know or write it on Facebook or send them a text. A two minute message praising or thanking somebody else deepens your social connection, makes that other person happier. And social connection—the reason why we even connect to social media in the first place—social connection is the greatest predictor of happiness we have and social connection—here's a great Tweetable moment I think—social connection is as predictive of your longevity as obesity, high blood pressure or smoking.

Kym I mean—

Shawn We fight so hard against the negative—

Kym Yes.

Shawn —and we forget to tell people how powerful the positive is.

Kym Oh my gosh, Shawn. Unbelievable. I mean, it's just tremendous. And I know those of you, as you're listening to this, you want to take all of this in because I've got to see this again and again. I'm going to get this whole thing transcribed. I mean, it's just phenomenal. I just want everyone to know that you're going to get a survey feedback and I'm going to read every single one of these. I'm looking at these, even though we've got people with key questions, but one of the things I'm going to ask you about is if you'd like to have a transcript of this as our gift to you. It's just tremendous.

Shawn, I want you to talk a little bit more about social connectedness. I want you to just build out a little bit more around a clear picture around social connectiveness, what people need to be looking at in their lives in terms of cultivating those, those social relationships and engaging in social relationships.

Shawn Sure, well and social connection and positive psychology we define as the breadth, the depth and the meaning in your relationships. So if you can increase one of those three elements, you know you're increasing the greatest predictor of long term happiness we have—the breadth, depth and meaning in your relationship.

So breadth is maybe you expand the number of people that you smile at when you're at the supermarket. You might only smile at people you necessarily know, but if you could smile at somebody when you're walking up and down the supermarket aisle, what you're doing is you're expanding those weak ties, those people you don't really know that well right now, to create that feedback group of positivity not only with them but you get it reflected back to you as well.

The depth in your relationships—maybe you take some time to really be present with one of your children or with somebody you work with today or with your spouse. Even a two minute e-mail we found to be enough to create a positive impact, not only on that person's day but on yours as well. And the meaning in those relationships—that's why we write these two minute e-mails or go on Facebook to learn more about people because if you know what's motivating that person or if you're thanking them for those meaningful moments, you're not only increasing their happiness, but you're increasing your own happiness as well as your brain realizes you have this incredible amount of social connection around you.

We're trying to take all the research that we're doing at the class at Harvard with Dr. Tal Ben-Shahar and bring it into this phone call and we don't have time to do all that—

Kym Right. That's right.

Shawn —so I'm going to talk more about it there.

Kym Right.

Shawn The other— Oh, go ahead.

Kym No, I'm agreeing with you, Shawn. I'm here and I'm chomping at the bit because I probably have three hours of questions, you know what I mean? You know, it's that kind of thing.

I'm going to ask you a couple quick things and listen, everybody, stay with me because here's the thing, I'm going to do something very special for you as it relates to the magazine, and let me just mention this now. Let me just mention this. What you're hearing—Shawn is one of the contributing writers to *Live Happy* magazine. So, that just gives you a brief, little capsule of what's part of *Live Happy* and just the magazine, the content that we've created. But I'm going to ask you to take it a step further. I'm going to ask you to join the movement, the movement of making our world a happier place. I'm going to ask you, will you do that for us? Will you do that for our world? And you're here and you know, listen, here's the one thing that we've learned is that, really, all of us that are on this phone or at our computers this morning, we are the choir. We are the ones where our voices need to be heard. People need to know that you know happiness is a choice.

And so I'm going to ask you, join the movement and here's how you do it. Go to [livehappy.com](http://livehappy.com) and subscribe. Subscribe to the magazine. Just the mere act of doing that because now you're getting the information and your excitement is going to permeate the people that you know. It's going to get inside them. It's going to help them. It's going to help you. They're going to see a change in you. I'm telling you.

I am so thankful that I'm aware of Shawn Achor and I didn't know him until *Live Happy*. And I'm just telling you because his brilliance needs to be spread across the land and only we can do this if we're all working together. Listen, it's \$17.95. There you go. That's \$17.95 to join the movement and be a part, but I've got an extra treat for you is everybody who does this, you're going to get three happiness reports. One is on business, one is on family and one is on napping. I mean,

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you're going to be shocked and we've done it so that it's easy to read, it's easy to follow. One, two, three, four. You know, just step, step, step. You're going to love these happiness reports, but this is all about us creating our social connectedness with you.

But Shawn, I want to ask you, have you always been a happy person? Do you think people are born happy? Or is happiness a learned behavior?

Shawn I think it's learned. I think that for some of the people on this phone call, happiness is the easier choice for you than it is for other people. And for other people on the phone call, you may be going through or have gone through depression like I did. I went through two years of depression when I was at Harvard and what I've learned from this research is while genes set the initial baseline, they don't end the story there. In fact, all this research that we've been doing in positive psychology comes down to this this stunning revolutionary idea, which is: you do not have to just be your genes or your childhood or your environment. That by choosing to create better habits in your life, by changing your mindset, we can actually significantly raise our levels of happiness above our genes, above our environment and create that positive effect for other people.

Think about that for a minute because think about how many people are living within the prison or under the tyranny of the belief that they are just their genes or just what they were born with—

Kym Yes.

Shawn —or their childhood experiences or their environment.

Kym Yes.

Shawn           What we're finding is that's not the case at all. All this research, if I had to explain it down into one sentence, is that all this research I've been doing in positive psychology comes down to these ideas: that scientifically happiness is a choice; happiness spreads; and happiness is an advantage in our lives.

Kym             Oh my gosh, Shawn, please, say that again. Just the way you just did. That is the tweet of tweets. Go ahead.

Shawn           A decade of research in positive psychology proves that scientifically happiness is a choice, happiness spreads, and happiness is an advantage in your life.

Kym             Oh my gosh. I tell you what. Okay, I'm looking over some of my questions before I wrap this thing up. Shawn, I'm going to ask you to reiterate and maybe this might cause you to think about it in a different way, but I want you to send us all something that all of the thousands of us that are participating in this session with you right now, that when you hang up this phone there are some things, some fundamental things that if we all do today we can create ripple effects of things that will just have a massive impact, if all of us just do it.

So this is called *Wake Up Happy*. When this session is over, I want us all to move towards doing something within the next 30-40 minutes or something during the day today. So we're all ears. What would you have us do, Shawn, very specifically today?

Shawn           I think I would make it simple. I think people make happiness way too complex. I think that the best thing that we can do with the people that are here from all around the world is two things. The first thing is pick the most powerful habit we've studied so far, which is that one that I mentioned where right now as soon as we get off this call write a two minute e-mail, text, or

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Facebook message praising or thanking just one person you know. That's it. Just praising or thanking, it's usually two or three sentences and that's it. If it's a direct tweet, then you know 180 characters.

So, a two minute e-mail or text praising or thanking one person you know. It's the fastest way of increasing social connection. It's the greatest predictor of long-term levels of happiness and it creates a feedback loop increasing the likelihood of somebody else creating that positive change, as well.

The second thing you should do is to find some way of taking what we just talked about this morning, this idea that you don't have to choose the negative or you don't have to just be your genes or your environment, but happiness is a choice and happiness is an advantage and share the research that you're learning from *Live Happy* and from this call with somebody else.

I don't know if that's forwarding that onto them or connecting with the movement you were talking about, but Michelle Gielan is coming on later in this week to talk about the idea that so often when people wake up in the morning they bombard their brain with negative news first. And if you could change the channel for them, if you could show them that there is a different story going on in this world, you can help them pick that more valuable reality. So, create a positive habit by doing that two minute positive e-mail and share some positive research with somebody you know.

Kym Gosh. I love that. I love that and I also want to say, just to add some more frosting to what he just said is be the first to say, "Good morning," "Hello," smile as big as you can. Lead it with a smile. Be the first to tell them, "You look great." You know what, sometimes when you say to someone, "How are you doing?" that becomes automatic. We always say that. We don't even know people,

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we're walking by them and we say, "How you doing? How you doing?" No one is slowing down to listen for the answer. But what you can say is, "I love that tie you've got on," or "That's a beautiful ribbon you have in your hair." You can be very specific. So I just want to say, I mean, my goodness, this is great, great stuff.

I want you to get social with Shawn too. Let's pull up that slide. Shawn is at [Facebook.com/shawnachor](https://www.facebook.com/shawnachor). Is that the one you want us to use, Shawn, for your Facebook?

Shawn Sure. That'd be great.

Kym Okay and then [Twitter.com/ShawnAchor](https://twitter.com/ShawnAchor). I mean, I'm so excited. Just ShawnAchor that's his Twitter handle.

All right, I want to mention something else to you then. All right, so I asked you if you would join the movement with us. It lets me know that we're on the right course by you subscribing to what we're doing here at *Live Happy*. I also want you to know that all you've got to do, again, to subscribe to *Live Happy*, just go to [Livehappy.com](https://www.livehappy.com). You'll see the button on there and you'll see that I got the happiness reports that I'm giving you that go along with this.

When I tell you that this is the lubricant that drives success, fulfillment, happiness in your life, I'm talking about the ideas and the things that we talk about in *Live Happy* and the expertise of Shawn Achor and others, this is what's it all about.

Shawn, you mentioned Sonja Lyubomirsky and we've got Dr. Drew Ramsey who is an expert in food and the power that food—In fact, his book is the *50 Shades of Kale* and, yes, it's a pretty provocative little title, don't you think?

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Shawn That's good.

Kym And, Shawn, I want to mention a quote of yours that I absolutely love and then I would like for to wrap up our call with any last minute thoughts or anything that you want to pass on before we get off here, but my quote from Shawn Achor is, "Happiness is not the belief that we don't need to change. It's the realization that we can." That is fabulous. Shawn, last thoughts from you?

Shawn I think that too oftentimes people think that happiness is just contentment with the present, but what I think is so incredible is that happy people can realize that there are things we still want to change within our lives, there are things you want to change today, but that the happiness and the positivity and optimism connection, those are the things that fuel change and that happiness is the belief that we can change from our current environment, not the idea that we're perfect as we already are in terms of like that we have no problems right now.

Kym Shawn, you are a gift to humanity. You are a gift to us. We so appreciate your valuable time and what you gave to us and shared with us. And the work that you're doing around the world, you know what, it's inspiring all of us. And I want you to know, with your 8 million or so that have seen you through your TED talks that as part of this fan club of yours we're going to be doing more and more. And, you know what? I know that the impact is going to be felt moment by moment as we and the choir and what's happening with *Live Happy* that we all come together to get this word out and to start to love each other even more.

So, with that, everybody, remember it's Wake Up Happy. Tomorrow it's Hyrum W. Smith. We're starting at 10:30 a.m. EST, 7:30 PST. Tell me what you think about this. Tell me how you felt about

this. You know, we're here for you. Thank you so much, everybody. Wake up, be happy. We'll talk to you tomorrow. Bye, bye for now!