



Make  
UP Your  
Mind

Ever have trouble connecting with  
people of another generation?  
Loosen UP!

Shape  
UP

Feeling overwhelmed by the breakneck  
speed of change and innovation all  
around you? Step it UP!

Suck It  
UP

Does it feel like everyone else is just  
plain happier than you? Cheer UP!

Lighten  
UP

In this wise and witty book, culture consultant and humorist  
Scott Christopher shares seven UPs that anyone can  
master to happily manage at work and home. In chapters  
including dealing with change (Suck It UP), improving your  
relationships (Open UP), and living your life with integrity  
and authenticity (The UP and UP), Scott provides easy-to-  
understand fundamentals and easy-to-implement tips for  
finding happiness (and staying happy!) in both the workplace  
and your everyday life.

Open  
UP

The UP  
and UP

Keep It  
UP

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The Seven UPs of Happiness Scott Christopher



THE  
Seven



OF HAPPINESS

Scott Christopher

Best-selling author of *The Levity Effect* and *People People*

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## Chapter 1

# Make UP Your Mind

## Choosing Happiness, a Positive Attitude, and Getting Your Head Right

At the risk of your using the next 93 pages as campfire tinder, it should be made clear: if you want to be happy, *be happy*. You may now hurl the book into your hearth if you must, but I implore your mercy and a chance to explain.

Happiness is a state of mind, and we control our minds. No real revelation there; I just want to remind you that no matter your circumstances you can be cheerful. You can smile. Laugh. Say kind things. Act happy. Be frivolous or silly. You are free to choose happiness, regardless of however many awful and almost debilitating reasons you have to be sad.

Because you really can smile through the tears. And you can sing or whistle a happy tune though your heart may be broken. You can elevate your thoughts to happy places when experiencing fear or pain. You can do all of those things. They may seem counterintuitive, against nature, even fraudulent. But you can still do them. It's your choice.

Now, *real* happiness is much more than a state of mind, of course. It is the very real result of doing the things that *make one happy*. This book is all about that—what to do to be happy. And the first “to do” to become happy is be happy.

Huh?

It's true. Attitude is number one. That happy state of mind I described really does matter—being positive, optimistic, UPbeat. After all, how many people do you know that are truly happy inwardly but are continually scowling, frowning, or complaining outwardly? Is none a fair estimate?

In fact, usually quite the opposite seems to play out, doesn't it? How many people do you know, on the other hand, who have gone through the ringer and yet seem to be quite content or even pleasant to be around? The fact is, our countenance and demeanor say an awful lot about how we feel, both as an accurate description of our feelings as well as a contributor to those feelings.

You want to be happy?  
Be happy.



## Crack UP Your Face and Give Us a Smile

"Peace begins with a smile."

— Mother Teresa

The more you smile, the more you'll smile. While science has yet to arrive at a conclusive connection, speaking from actual experience there is a cause-and-effect thing going on there. It's the chicken and the egg. Are you smiling because you're happy or are you happy because you're smiling? Smiling, grinning, beaming . . . they all reflect a joyous feeling. But they can also help *generate* the same feeling. Don't believe me?

Go ahead and bust out a massive smile right now. It doesn't matter where you are or who's around you. Throw down a massive ear-to-ear face splitter and just hold it. Hold it for a good 10 seconds. If it droops a little, ratchet it back up to full-mast. If you can manage to catch your reflection in a mirror, window, or other source (iPhone camera, for example), it multiplies the effect. Just keep smiling. Smile so hard your eyes are practically squeezed shut.

After a moment it may turn into a little laugh. Or even a big one. In fact, for greater effect, if your surroundings allow it, skip the smile experiment and go straight to laughing. You will laugh because of how stupid it is to be fake laughing. Laughter will get you laughing. And endorphins will flow, and for an instant at least you've made yourself smile or laugh because you were smiling or laughing. You've cheated the moment. You weren't feeling happy and now you are, if only just a little bit. And here's where your conscious, deliberate choice to smile really gets you feeling good; it is contagious! You put on a happy face, and not only does it pick *you* UP, but if you share it with others, they feel better too.

At this point I wouldn't blame you if you slammed the book shut, emitted an audible "Pffff!" and discounted all this as kindergarten-level, EQ 101 drivel. But to be fair, if you're to have any chance at scoring any real happiness, you have to start with the right attitude. So keep reading. There's some good stuff ahead.

Happiness is the result  
of actions and attitudes you  
choose to do and have.

One choice you can make is to *be* happy . . . which results in happiness.



## Perk UP

When you get to work today, *be* happy.

Think only positive things about your coworkers, bosses and others.

Smile and be cheerful.

Ask someone you rarely talk to how her weekend was.

If you're off to refill your coffee mug or water bottle, ask if anyone else wants anything that you'd "be happy to grab" for them.

Maybe just for today *don't* play devil's advocate in meetings, but find something agreeable in every suggestion.

Be focused and really listen to others.

Keep a smile in your eyes, if not on your mouth.

Contribute UPlifting ideas and suggestions.

Think only the best of other people.

Sincerely compliment someone on something they've suggested, written, said, or are wearing. Do it with a smile.

Say hello to someone in the hall you don't know. Smile and nod at others.

What will people say? "Wow, somebody's sure in a good mood today." "You're so happy today; what's going on?" "Okay, what aren't you telling us?"

Why should something be "going on" for you to appear content? Isn't it possible for you to be a cheerful, smiling, nice person even when you haven't hit the lottery or gotten a raise or been given a clean bill of health? Would it be so bad if at your funeral your coworkers were overheard saying, "We had no idea she was even sick. She was always so pleasant and cheerful. We just loved having her around. Who would have ever guessed she had *that* happening?!"

A recent survey found that 87 percent of the workforce is unhappy, and that gloomy feeling translates into lost dollars for organi-

zations. It is estimated that each sad-sack employee costs a company \$13,000 a year in unrealized productivity due to unhappiness. So do your part to keep the company in the black by not living in the dark. Be happy. And help others be happy too. Cheer UP.



## Sunny Side UP

It takes a disciplined spirit to endure life as a monk on Montserrat in Spain. One of the fundamental requirements of this religious order is that the young men must maintain silence. Opportunities to speak are scheduled once every two years, at which time they are allowed to speak only two words.

One young initiate, who had completed his first two years of training, was invited by his superior to make his first two-word presentation. "Food terrible," he said. Two years later the invitation was once again extended. The young man used this forum to exclaim, "Bed lumpy." Arriving at his superior's office two years later he proclaimed, "I quit."

The superior looked at this young monk and said, "You know, it doesn't surprise me a bit. All you've done since you arrived is complain, complain, complain."

What if you were asked to share two words that describe your life? Would your focus be the lumps, bumps, and unfairness, or are you committed to dwell on those things that are good, right, and lovely?

You want to be happy?  
See the good.

