

Love with conviction and be loved the way you want

💡 Live Your Possible Spotlight: Love

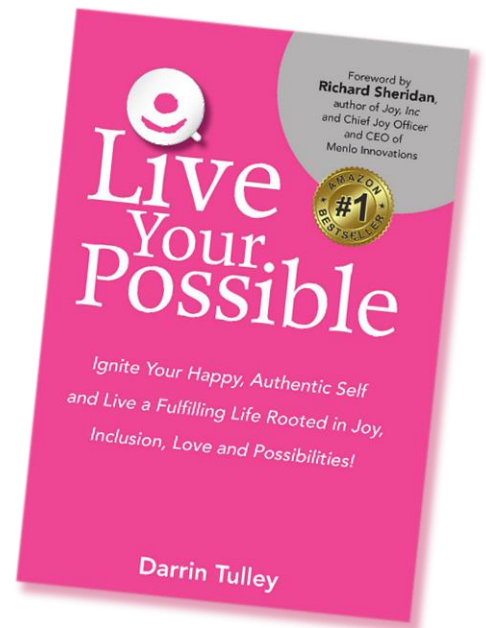
Ignite Your Happy, Authentic Self to Live a Fulfilling Life Filled with Joyful Possibilities

“When you reconnect with your happy, authentic self, everything seems brighter and more transparent, and you are more likely to share love openly.”

-Live Your Possible, Chapter 15

It becomes an inviting action and makes it more comfortable for others to let their guard down to love back in return. When you actively share it, you become more thoughtful with your emotions and your actions. Take for instance giving someone a hug as way to show you care and note you are instantly rewarded with a hug back for you. Tapping into love is a key to unlocking true happiness.

One of the practices from the book encourages you to “love more” by openly connecting with people you interact with daily. Sharing that you love them, value them, appreciate them, are grateful for them, and believe and trust them. I dare you to share one or all of these statements with people you work with, people you see in your community, and your family. Each is a different form of love you can share to show people you care. Do this daily and see what happens. The more love we put out in the world, the more we will get in return. Love more to unlock what is possible!



🔥 Sparks of Joy



Healing Meals Finding Joy Event

"Darrin Tulley reminded us to take the time to appreciate the goodness the world has to offer and to savor every moment. It's surprising how little time we dedicate to this practice. Darrin's playful approach and use of the phrase "child-like joy" had everyone engaged in the exploration, reminding us of a muscle we don't always get a chance to exercise. Take a moment to appreciate the joyful moments in our lives and find happiness in the little things." - **Brent Robertson**

'Had a blast examining the “how” behind living with JOY with a room full of like-minded and hearted people. Thank you, **Darrin Tulley** and **Healing Meals Community Project** for an uplifting night!" - **Dr. Bridget Cooper**



Live Your Possible Podcast

Feed your happiness with each Live Your Possible episode as Darrin connects with inspiring people who have sparked their internal happiness and are driven by a purpose to ignite the same in others. Listen to guests share vulnerable stories, poignant self-reflection, and inspirational perseverance into living with a higher purpose, diversity, worthiness, and how to be your best self. Subscribe to the Live Your Possible podcast on Spotify, YouTube, Apple and other podcast services or check out the video interviews on the **Ignite Happy YouTube Channel**.



Click the photo above to listen to Darrin talk about the power of setting a purpose word for the year.

You are Possible!

Scan the QR Code on the left to learn more about Ignite Happy.

Scan the QR Code on the right to purchase your copy of *Live Your Possible* and begin your personal journey of happiness and possibilities today.



😊 Joyful Connections

Find the “WG” in Your World to Connect With Joy

Lead with your heart and connect to the joy around you.

Love can show up in so many ways in our lives. Of course, there is love shared with others - family and good friends. We love our pets. We feel love when we serve others. We feel a different kind of love for our favorite meal or a favorite song or movie. We love our hobbies and our passion projects. We feel love for mountains and wild animals, the ocean and the breeze, the quiet peace found when we are truly present in nature.

How did you feel thinking about those different representations of love? Did it make you smile? Think about all the things you hold close to your heart. Most likely, you associate happiness with all of it. Because love makes us happy. Being loved makes us feel special and accepted. Feeling love makes us feel warm and bright. Giving love makes us feel connected and fulfilled. All of it makes us feel happy. And good. So why not go all in on love and celebrate it each day?



Click the photo to hear more about leading with heart.

Learn more about WG 😊 on our [website](#) and follow us on social media for more happy shares like this one.

👣 Taking Happy Steps

The words you use matter. What you say and believe becomes your reality. For example, if you say "I am worthy of love" vs. the contrary, it will more likely happen the way you deserve when you accept that possibility. Be intentional with your words, as they shape the future more than you know.

Speaking the words "I love you" can also feel terrifying if we fear the vulnerability of expressing this tender emotion. Sometimes, it is hard to admit we are feeling love if we fear rejection or appearing "soft" in a world that sends messages that we need to toughen up. Sometimes, love is complicated because we don't love ourselves and don't feel worthy of the love of others, so we shy away from it altogether. Yet once we can open ourselves up to love and lean into vulnerability, we can experience authentic connection and the most significant source of true happiness.

Do you invite love in each day? Do you make space to connect with others with an intentional focus on love? Do you openly express the love you feel for others, for yourself, and for your life? How can you spend more time engaged in love? If love is more challenging for you, what small ways can you incorporate more love into your days? The more we acquaint ourselves with love, the more comfortable it becomes.



30-Day Challenge:

Be intentional about showing love to others each day.

Be sure to include showing yourself some love.

A 30-day challenge is a great way to kickstart a commitment to a new habit you want to create or to a new activity that you want to try out. The *Live Your Possible* path uses a foundation of these challenges as a guide to creating meaningful change in your life. You'd be amazed at how good it feels to hold a commitment to yourself for 30 days and how inspired you will be to do it again. You can choose one or several challenges, just make sure to keep it attainable without overstretching yourself. Use the idea above or make up your own. The possibilities are endless. Learn more about the power of daily rituals [here](#).

Connect with Ignite Happy! Send in your happy shares, WG sightings or connect with IH on social media.



wg@ignitehappy.com • (860) 463-6333

Schedule an introduction on Calendly [here](#)

