

Pull back the layers masking you from being your true self through vulnerability and serving others.



Live Your Possible Podcast

Subscribe to the Live Your Possible podcast on Spotify, YouTube, Apple and other podcast services. Feed your happiness with each episode as Darrin has conversations with people who have sparked their internal happiness and are driven by a purpose to inspire the same in others. Listen to some of the most recent episodes below. Or subscribe and check out the video interviews on the [Ignite Happy YouTube Channel](#).



Overcoming Shame And Dismissing Limiting Beliefs
With **Yvonne Alston**



Look For Joy And Possibilities To Break Through Dark Times And Create More Good In The World
With **Donna Skillman**

Upcoming Episodes

8/2 Purposeful Leadership: Making People Matter
With **Zach Mercurio**

8/16 Retrain Your Brain To Change Your Life
With **Debbie Hampton**

8/30 Be You, Be Different: We All Have Something Extra To Give
With **Lisa Nichols**

The July podcast episodes share a theme of being vulnerable and shedding the shame that has been darkening your light. Listen in to see how intentional action, openness, forgiveness and authenticity can lead to a liberating, strengthening and happier life.

Sparks of Joy



What Makes You Happy Podcast

Check into this 5-minute podcast format by **Jake Pearson** for quick tips each week and listen to Darrin help you transform your happiness into a daily habit.



The Future of Teamwork Podcast

Listen to Darrin speak with **Dane Groeneveld** about “the power of possibility” by connecting your higher purpose with curiosity, and care to unleash the possibilities in and around you.



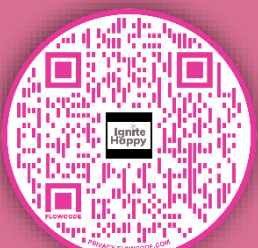
Working Positive Podcast

Are you ready to transform your workplace into a positive and inclusive environment? **Dr. Joey Faucette** and **Darrin Tulley** talk about digging deep within to spark joy in the workplace.

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



Excerpt from Chapter 15 – [Live Your Possible](#)

Anything is possible if we allow and prepare our minds to see it. Let's look forward, be in the present and spot the differences that matter to each of us. It's not about spotting something you expect around you; it's about preparing for something different from what is expected in its surroundings that has — or could have — significance for you. It's hard to be prescriptive, because of course these are all personal experiences that you need to relate to and find meaning to you. However, always try to recognize the beauty at the intersection of difference. Connecting the beautiful colors in our dreams together into our reality is in reach.

Imagine what you can accomplish when you see things so clearly. Beaming with curiosity levels as fresh as a kid combined with your knowledge and ability to make millions of connections. Tons of innovations occur at the intersection of two things, as Frans Johansson notes in the Medici Effect. Taking one thing and applying it to something relevant to you is a form of genius activity that takes little effort if we put our minds on the alert to look for different and relevant things. Could you imagine if you spent a little energy and focus each day to find something different and were able to tie it back to something relevant in your life to make it better or enlightening? You can do it. We can put ourselves out there a bit to experience and feel uniqueness that revolutionizes the world.

Make it happy around you, even if sometimes it might be awkward. Life is too short, and we need to make the most of every moment. Author Amy Cuddy is famous for her idea of how our posture and presence impact our mindset. In fact, she goes so far as to say, "fake it until you become it." To me, that means trying things out differently, manifesting your inner self to come alive, and trying to do things that you set your mind and heart to. Keep trying and getting better; you will get to a great place.

Connect with your authentic happiness.

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

Taking Happy Steps

We gain the most from learning things that stretch our idea of who we are, things that make us feel vulnerable and comfortable to grow out of our circle of comfort.

Sharing our vulnerability can be terrifying. Most of us work very hard at hiding the things that make us feel different or imperfect. Yet the thoughts, experiences and emotions that make us feel the most vulnerable can also be the sources of our greatest growth. As we connect directly to these vulnerabilities, we can begin to accept them and embrace their positive impacts while lessening the shame and burden that they may carry.

Once we find our comfort with vulnerability and ultimately the strength to share our own, we create safety for others to share the things that may be difficult for them. It is in this authentic connection where the beauty of our differences intersects with the comfort of empathy and understanding. This is where we can forgive and be forgiven - where we can lighten our own heaviness as well as the heaviness of others. And we can begin to see the strength and inspiration that has been hiding in the darkness that has been clouding our hearts with shame, doubt and fear.

Exposing these hidden parts of ourselves and allowing others to see them, invites the light back into our hearts. And the more we share that light with others, the more we get the light from others shining back on to us. What darkness is holding you back? What can you do today to begin illuminating your darkness and turning your light back to bright?

People committed to action and who take vulnerable steps forward can better access the far-reaching impacts from their inner self extending out to their external being and surroundings.



Find happiness amongst the shadows.



30-Day Challenge:

Practice speaking from your heart by being sincere and vulnerable in conversations. Declare your intentions to build trust by practicing transparency. Explore what happens in these relationships.

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.



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Schedule an introduction on Calendly [here](#)

