

Lifting someone in need and lighting their skies brighter has both an instant and long-lasting effect on all involved.

Our best selves come out filled with gratitude and appreciation when we serve 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 (click the picture to navigate to the recording.) Or subscribe and check out the video interviews on the [Ignite Happy YouTube Channel](#).



Feed Your Mental Hunger And Be Better With Dr. Anthony Perkins



A Challenge To Do Better: On Diversity, Equity, And Inclusion With Julie Kratz



The Art Of Positivity: How Life's Small Hinges Swing Open Doors Of Opportunities With Dr. Joey Faucette



Rebalance Self-Worth With A Champion Mindset With Jeff Koziatek



Leading With Love And Heart: The Compass To Purposeful Leadership With Mindi Cox

Sparks of Joy



Voya Event

What an honor to host an interactive, high-energy panel discussion for Voya Financial focused on allyship. We went on a journey to embrace a “we are better together” mindset. Participants left with clear takeaways on how to mitigate unconscious attitudes and beliefs and create a genuinely inclusive and joyful workplace culture. Attendees loved the authentic stories with a call to action and described the event experience as engaging, enlightening, encouraging, and valuable.



Tis the Season to Give

In the spirit of giving, help others in need and have compassion for others this holiday season. enlightening, encouraging, and valuable. Click the photo above to read an article on the value of giving.



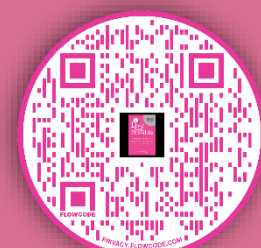
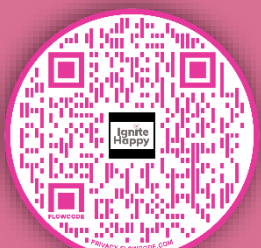
2023 Little Smiles Stars Ball

Ignite Happy is proud to be a Star Sponsor for the 2023 **Little Smiles of Florida** Stars Ball. This event celebrates children nominated from facilities that Little Smiles serves. Each of the kids honored has experienced significant illness, disability or personal tragedy. Stars Ball is an opportunity to celebrate these kids and make them feel like the true stars that they are. Our sponsorship supported Kendall and her family to have an unforgettable weekend celebrating her strength and resilience in overcoming her recent health challenges. This year's event raised a record-breaking amount of money for the charity, enabling them to continue their mission of providing smiles to kids when they need them the most.

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

People tend to light up when we light up ourselves.



Click the photo for another “Batman symbol” and to explore others on Ignite Happy’s social media.

Ignite up the sky you live in and beam like a “Batman” symbol in the sky calling for all super-living skills to come alive and Ignite Happy all around. More beams shining together will glimmer more light to generate and discover all the possibilities for humankind.

To be a light for others, we need to find or create our own light. Happiness is inside of us and is never far away. We just need to be intentional in creating it or open to finding it. Consider these actions, referenced in Chapter 12 of *Live Your Possible*:

- Find things each day that bring you warmth in your heart and happiness. Note them in a journal and group them into themes at the end of the month. Incorporate specific actions in the following months that fuel or continuously trigger happiness for you. Surround yourself with reminders of these events to keep your happiness light lit.
- List out areas where you enjoy playtime for yourself. Identify and play at least once a day from this list for the next month. Add to the list as you experience and explore new things that make you happy.
- Create random gifts of joy to other people through random acts of kindness each day (open doors, let others go first, buy a stranger a coffee, be the reason someone smiles).

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

Taking Happy Steps

Dance out loud and make the most of each day we have together!

Living authentically leads to living life fully. When we live fully, we feel things more deeply, often feeling greater excitement about the things that bring us joy. Do you pay attention to what makes you smile? Do you know the songs that make you want to dance or the movies that make you laugh? When you experience these moments, are you fully present and celebrating that joy out loud? Do you seek these moments out?

Big milestones and events like birthdays and vacations and parties are great sources of these moments, yet we can maintain the light we get from big moments by finding the joy in the everyday moments of our lives. The term “glimmers” was coined by Deb Dana, a Licensed Clinical Social Worker, to describe these micro-moments – times when our biology senses regulation and connection and feels safe, calm and happy. She goes on to say that these glimmers are “predictably present in your world.” Being open to these moments invites in greater calmness and joy.

WG, the one-eyed smiling mascot for Ignite Happy is our perfect glimmer. It is a set of shapes found often in our world together. With each finding, we find the joy that smiles brings. Other examples include seeing fun shapes in clouds, stopping to listen to your favorite song, connecting with an animal you pass by, or noticing the song of the birds or beauty of the trees around you. Let’s amplify the joy around us each day by seeking it out and immersing ourselves in it.

Notice the moments that bring you joy and be present. Celebrate your joy.



Turn the volume up on your happiness and joyfully dance to the music in your soul.



30-Day Challenge:

Practice focusing on what makes you happy. Each day, during idle moments, think about something that makes you smile or feel grateful. Notice how it resets your mindset.

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](#)

