

Living with wonderful awe engages the human spirit to come alive and unleash the endless possibilities within each of us.



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](#).



Diversity, Equity, And Inclusion: A Place Where Everyone Has A Voice
With Alecia Smith



Climb The Right Mountain
With Tony Martignetti



Arbejdsglaede: How To Create More Happiness At Work
With Alexander Kjerulf



Leading A Football Organization Towards A Common Purpose
With Tom Telesco

Upcoming Episodes

7/5 Overcoming Shame And Dismissing Limiting Beliefs With Yvonne Alston

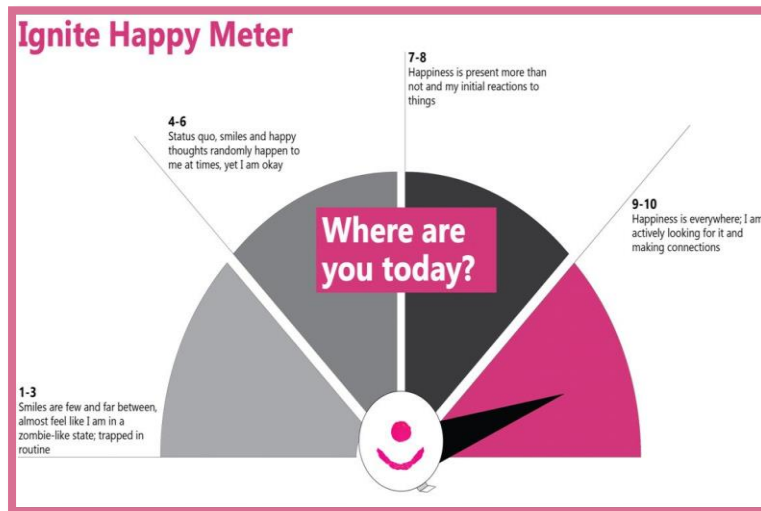
7/19 Creating More Good in the World with Donna Skillman

Sparks of Joy



Working Forward Podcast

Darrin enjoyed conversing about the future of work on the **Working Forward Podcast** on how mental health, inclusiveness, engagement, and the pursuit of overall happiness are changing mindsets around what work means and how to make it more meaningful.



Ignite Happy Meter

Click the meter above and take a quick, anonymous survey to pause and reflect where you are right now on the **Ignite Happy Meter**.

Be intentional throughout your day to notice what moves you up and down this meter. Consider taking note of this for a month and see what you can learn about what sparks your joy.



Happy Birthday WG!

Seven years ago, the happy one-eyed smile that became the mascot “WG” for Ignite Happy was first discovered in an inspiring and eye-opening moment between Darrin and his daughter. From that moment, WG’s impact on Darrin and countless others has blossomed into a happiness movement. Learn more about WG [here](#).

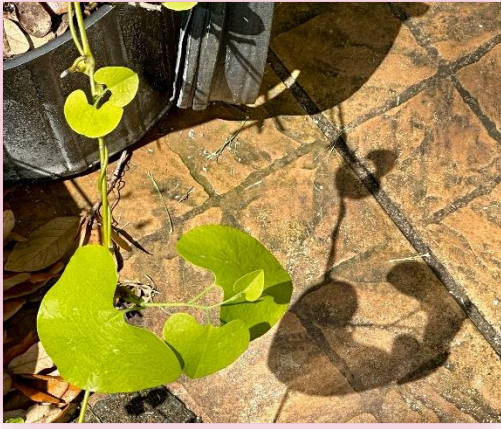
You are Possible!

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



Joy can be found everywhere we choose to see it.

When we see or feel something that connects with us and brings us joy our instinct is to want to share it - to show others so they can be happy too. This is a beautiful way to spread happiness. Yet what happens when people don't see things the same way that we do? Everyone's path is unique to them. If someone doesn't see the same beauty or joy in something you do or believe in it in the same way you do, it shouldn't take away from what you see and how it makes you feel. This is what makes us wonderfully unique. Listening to the whispers of these connections and allowing yourself to intentionally and authentically react to them makes them real, even if just to us.

The happy one-eyed smiling WG shows up in all forms - sometimes obvious and sometimes less so. Just like humans, each is special and unique. And each one can inspire a smile if we choose to let it.

We don't need validation of our happiness - only our own willingness to feel it.

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

Taking Happy Steps

Find joy in your journey and set yourself free to see what is right in front of you and what is truly possible.

How often do you make time for fun? Do you embrace fun when it comes along? Days can be filled with things that keep us busy yet we need to make sure we have some fun as we check off our to-do list.

As children, play was mandatory. Every day in school, we had recess. It was a mid-day break from quietly sitting at our desks and exercising our brains. Recess was our opportunity to play outside and exercise our bodies, imagination, and fun. We could soak up the sun and breathe some fresh air. We could play, explore and laugh out loud. It was our free time. And usually, it was our favorite part of the day.

As we get older, we give up more and more of that free time. While some of that exchange is necessary, adults tend to willingly give up most or all of it. And it isn't just our free time we give up, we give up our free spirits. We become less fanciful, trading silly for serious. We give up our free minds, focusing on what's in front of us instead of what could be.

As America celebrates the nation's freedom, what personal freedoms are you celebrating? What freedoms are you most grateful for? What freedoms do you want to begin giving yourself? Consider what lights you up the most and free up what is needed to bring more of it into your life. Try small changes each day and watch your light grow.

The steps we take can light up how we see and experience the world.



Let your happiness sparkle.



30-Day Challenge:

Add some play into every day. If you have children in your life, be present and play a game they choose. Invite a friend to play a board game or sport. Dance. Sing out loud.

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](#)

