

Break the cycles and routines throughout the day to take notice and connect more purposefully with the world around 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](#).



Cultivating Inclusive Practices
With Yvonne Alston



Love As A Business Strategy: Bringing Humanity Back To The Workplace
With Jeffrey Ma



Helping People Thrive Creating Joy At Work
With R.D. Williams And Dakota Redd



The Happiness Architect: Designing A Fulfilling Life Through Laughter
With Greg Kettner



Human Flourishing And Wellbeing
With Jane Dutton

Upcoming Episodes

- 6/7 A Place Where Everyone Has A Voice With Alecia Smith
- 6/14- Climb The Right Mountain With Tony Martignetti
- 6/21 - Arbejdsglaede: How To Create More Happiness At Work With Alexander Kjerulf
- 6/28 - Surprise Guest

Sparks of Joy



Little Smiles Golf Tournament

Ignite Happy is proud to have been a tee hole sponsor for the 22nd Annual Little Smiles Golf Tournament. **Little Smiles** brings big smiles to kids who are facing serious illness, homelessness, and other tragedies. Working alongside Child Life specialists, nurses, law enforcement, and other critical staff members, Little Smiles provides experiences, toys, and essential items to children in need. Their annual Golf Tournament is one of their largest fundraising events of the year.



Feed Your Growth Mindset

Jane Dutton is the lead female pioneer in the positivity movement alongside Martin Seligman. Be sure to listen to our recent [podcast interview](#) and check out her favorite [class syllabus](#) that she taught at Ross Business School - University of Michigan. It will keep you learning and growing with positivity for months.



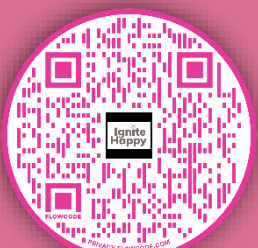
Creating Happier Workplaces

Watch the event replay where Dakota and Darrin map out the business case for employee wellbeing. Reach out to [Darrin](#) if you want to learn how to create happier, highly engaged workplaces where people are excited to come to work.

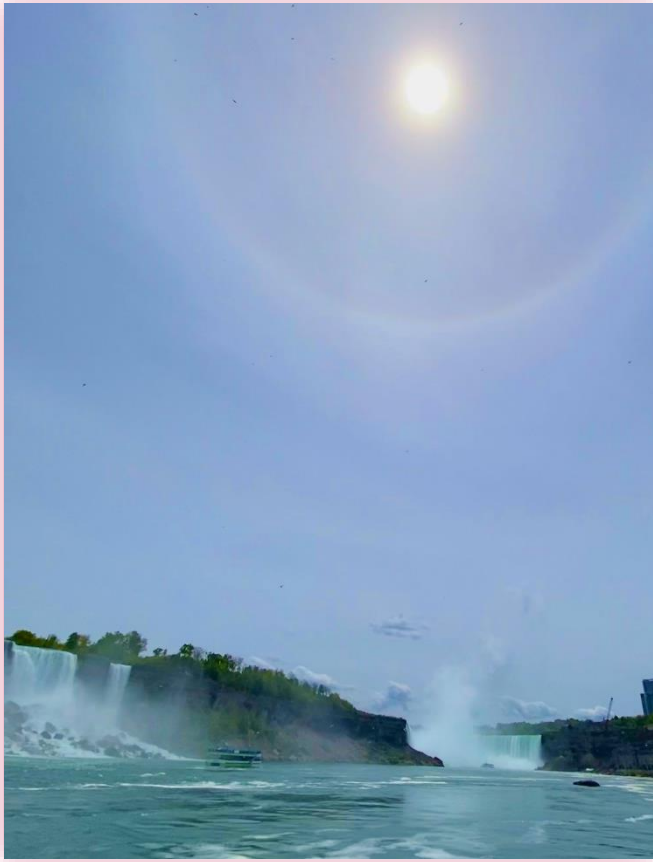
You are Possible!

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



Happiness overlooking Niagara Falls

Make new amazing memories when you authentically and intentionally connect with yourself and those you love.

June welcomes the beginning of summer – the kickoff to long sunny days, trips to the beach and time spent in joy with those you love. Memories of summers past fill us with images of playing with friends, the smells of barbecues spent with family and the sounds of crickets chirping as we made the most of those warm and endless summer nights. As kids, we may have counted the days until summer vacation yet was it just the end of school we were longing for? While that was likely a big motivation, the true excitement of summer was the promise of time and the excitement of possibilities. We got time to adventure outside, to play with our friends without the restrictions of the classroom and to explore new things we were discovering each day. Maybe we learned to swim or ride a bike. Or maybe we travelled somewhere new with our family and discovered a new love for travel. As kids we truly understood the value of those days. The biggest gifts that time can give us are the power of authentic connection and the magic of possibilities. We can find both with others, with the world around us or within ourselves. These moments we find can not only light up our current days, they can also create memories that provide light throughout all of our days.

Exploration doesn't need to be grand, you can find connection and new possibilities right inside your own home or in your own backyard. It all begins inside you and taking the intentional steps to make it happen.

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

👣 Taking Happy Steps

Every day can be a happiness vacation.

When we slow down and are present in our lives, we are more open to the possibilities around us. For many, it isn't until they take a vacation that they may feel like they can relax enough to be in the moment. Unfortunately, for another group of folks, even vacations don't stop the churn of "things to do."

Our time and lives are so precious – we shouldn't wait for a special week and put all of our hopes of happiness into that one week. We need to invite and take happiness vacations each day. The good news is that we can do just that. Each of us has within us the ability to make time and space for happiness in our days. What does that look like for you? Do you have something you love to do that you never seem to have time to do? Are your spouse or kids always wanting to play or relax yet you feel you are too busy to do either? Do you text or run into your friends with promises of "we should make plans to hang out" and then never do? What things on your to do list can you set aside (or cross off completely) to make time for happiness each day? The truth is that those lists can be endless and if we wait until we get to the end, we will have wasted so much of our lives doing the business of living without having enjoyed the happiness of it. There is a balance to be found in keeping the items on your list moving, while finding the joy that exists between each line.



Happiness found in the Florida Keys.

Find the joy in each of your days and allow yourself the time to celebrate it.



30-Day Challenge:

Make an intentional connection with someone each day. Reach out to a loved one, spend time with friends or have a playdate with a child in your life. Create new memories.

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](#)

