

Growth comes from taking actions, fumbling, stumbling, and continuously improving.

The secret is finding the joy in learning new things along these journeys.



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](#).



**Purposeful Leadership:
Making People Matter
With Zach Mercurio**



**Retrain Your Brain To Change
Your Life
With Debbie Hampton**



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

Upcoming Episodes

**9/13 A Challenge To Do
Better: On Diversity, Equity,
And Inclusion
With Julie Kratz**

**9/27 Working Positive
with Dr. Joey Faucette**

Sparks of Joy



This Week in Connecticut

Darrin was thrilled to be on a positive vibes segment with Dennis House on "This Week in Connecticut" on WTNH News 8. Check it out to learn simple tips to spark happiness.



Bamboozle with Little Smiles Florida

Ignite Happy is proud to be a sponsor of the 11th Bamboozle, a themed scavenger hunt, presented by **Little Smiles of Florida**. This event, in addition to being a blast, raises money to bring smiles to local kids in need. This year the event was bigger than ever, with more than 250 people playing and raising a record amount of money.



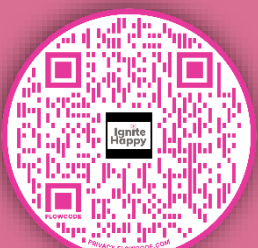
Sip Sessions

Your happiness is unique and not what we compare against on social media. It is always within reach and ready to come alive. Darrin recently hosted a **Fathom Sip Session** to guide people on how to reconnect with our happy, authentic selves.

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 7 – [Live Your Possible](#)



An open mind is a willingness to consider different perspectives, or to change your mind in light of new information, and curiosity is the active desire to learn. When you couple those together, you're in a much better position to care less about being right for the sake of being right and more about doing the right thing in light of what you know. In other words, an open, curious mind helps keep your ego out of things as you interact and process the world.

Encouraging and keeping yourself open and curious is pivotal and the secret door to growth and change. Open-minded curiosity is a super connector in your mind (and across the Path of Possibilities steps too) that enables positivity and possibilities to blossom in our mind at any point we invite it in.

How do you approach learning? Do you actively seek out new information? Do you ask questions in conversations? Do you seek to learn more about things you don't know? When we see our days as endless opportunities to learn and grow, our ignited curiosity feeds us with new perspectives and new experiences and new paths of understanding. And the more we learn and feed our growth mindsets, the more we want to learn.

There are endless paths of discovery, learning and growth to follow. And each path is unique to our own individual journeys. Once we define what our path is and begin to take steps along it, we find that happiness is everywhere along the way.

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

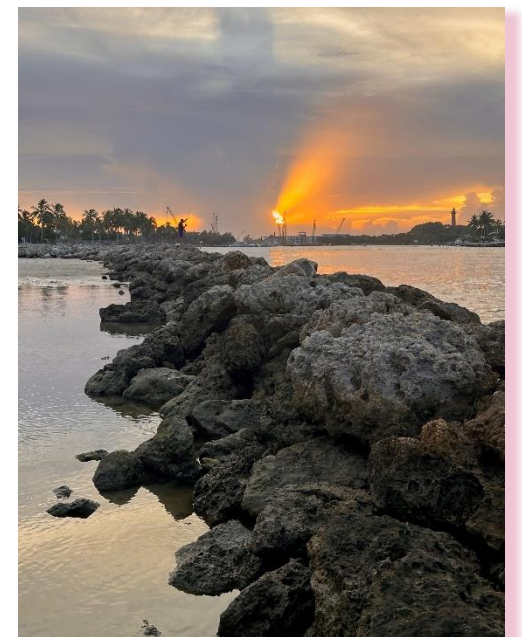
Taking Happy Steps

Learning new skills creates energy to move us to new places. Like dance, there is a delight in the movement itself, especially when we find joy in each new step we take.

September conjures up memories of late summer beach days, the anticipation of the season change, weekends watching college and NFL football and most notably, the excitement of heading back to school. As a child, we may not have always been excited about school starting – sad about leaving our carefree days behind us. However, once we head off to college we might be more eager to return – to see our friends, to experience the freedom of living away from home and to pursue our passions as our learning is now more focused on what we WANT to learn, not just what we HAVE to learn.

For many, the burden of what we HAVE to learn reduces or removes the joy of learning. For some, book learning is more difficult and they may be challenged in learning in a standardized environment. And for some, they think they have it all already figured out. Yet the truth is learning is vital to our growth. The world and the people around us are constantly changing. New innovations in technology, access to more and more information, and the ever-evolving ways we connect as a society provide endless opportunities to expand what we know. We need to find the joy in learning, in the ways that work best for us, as learning opens new roads to happiness.

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.



Look with childlike wonder and curiosity at the world around you.



30-Day Challenge:

Intentionally learn something every day. Watch a documentary or YouTube video. Practice a new skill, hobby or language. Read books or articles on topics of interest.

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](#)

