

Open minded curiosity is a super-connector that enables positivity and possibilities to blossom in our mind at any point we invite it in

## Live Your Possible Spotlight: Growth

Ignite Your Happy, Authentic Self to Live a Fulfilling Life Filled with Joyful Possibilities

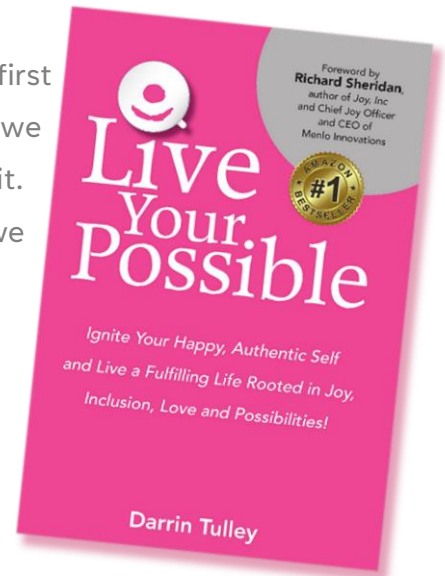
*“Do you believe in yourself? This is important to you and everyone around you. It all really starts here. Imagine how hard it is to make progress, grow or improve if we are unsure of ourselves to deliver or accomplish things in life. We tend to not give ourselves enough credit each day for all that we do. We need to recognize any or all of our successes on a given day and build on them.”*

-Live Your Possible, Chapter 6

Believing that growth is possible and that change is necessary for that growth to happen is key to taking the first steps on your path to your most authentic and happiest self. Another critical factor is belief in yourself. When we don't believe in ourselves, it can make growth seem out of reach. It may even seem like we aren't worthy of it. Yet each of us is worthy. Each of us is capable. And each of us has possibilities waiting for us to discover as we grow along our paths.

Once we build the confidence of our self-belief, we have the foundation to begin tackling necessary change with strength and resilience. Once we believe we can do it and are worthy, we can plant the seeds of our growth and nurture and water those seeds with daily actions. The more we bloom, the more we will be encouraged to grow and to spread those seeds of growth and happiness to those around us.

We likely won't suddenly start believing in ourselves. It is often a gradual buildup, taking intentional steps to build. Live Your Possible contains more than 100 purposeful suggested actions to help rebuild this confidence. One of the most approachable first steps is to complete a 30-day challenge of your choosing. Holding this commitment is intended to help you believe in yourself for following through while attaining your challenge's goal. It will significantly boost and highlight what is possible when you are ready to go after it.



## Sparks of Joy



WCNC Charlotte Today Show

Darrin had the pleasure of sitting down with host **Mia Atkins** on the WCNC Charlotte Today show to talk about how to slow down and create the space to live with more intention and joyful purpose.

Darrin believes we have way more influence about shaping what our future looks like than we can imagine. Connecting to a bigger purpose gives us clarity and slowing down is the space we create to allow happiness to show up, be noticed, or discovered.

Watch [here](#) as Mia leads a fun conversation about creating the space for happiness and possibilities.



Working on Purpose with Dr. Alise Cortez

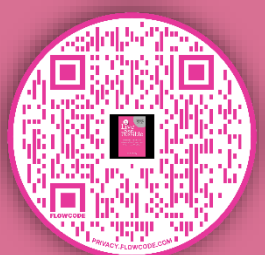
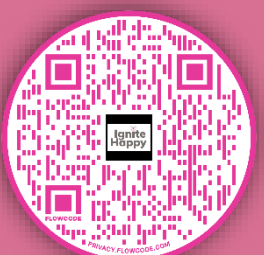
Darrin sat down for a special conversation with **Dr. Alise Cortez** on her hit podcast Working on Purpose. She invited her audience looking for a lift to check out "the powerful framework put together to help people turn on their internal flame to light up their life." The conversation covered how to ignite P.O.S.S.I.B.L.E. on the Path of Possibilities featured in the *Live Your Possible* book.

Need a lift or a whole life lift? Watch it [here](#) and enjoy.

## 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.

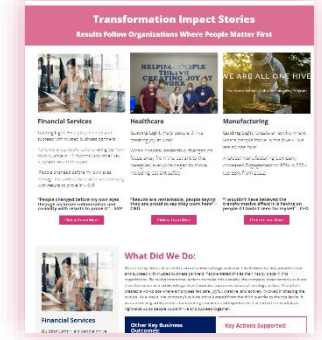


## Ignite Happy Website News

Exciting updates have been made to the **Ignite Happy website!** New pages have been added that describe the wide array of services available from Ignite Happy. Did you know that Ignite Happy offers workshops and coaching on numerous topics focused on bringing out the best of both leaders and the people they serve? Check out the updated site to learn more about how Darrin and Ignite Happy can help you, your employees and your business thrive.



Several transformation success stories are now available which highlight the possibilities that can be achieved when we take intentional steps to drive growth and change in our lives and in our workplaces. Darrin has impacted positive change in many organizations and in the hearts of many leaders and individuals. Read through some real-life stories of how small changes can bring about large scale impact.



Finally, Ignite Happy is developing a line of products meant to ignite happiness in our hearts and to serve as reminders of the happiness that is always within reach. The first item available is a bright and happy duck, intended to provide joy to the holder yet it can also be shared with others, as many folks exchange ducks within the Jeep community or on cruises. Click the duck to learn more about the #ignitehappyduck.



## Live Your Possible Podcast

Feed your happiness with each Live Your Possible episode as Darrin connects with inspiring people who have sparked their internal happiness and are driven by a purpose to ignite the same in others. Click on the podcast icon above for an introduction to the podcast and explore previous episodes. Listen to guests share vulnerable stories, poignant self-reflection, and inspirational perseverance into living with a higher purpose, diversity, worthiness, and how to be your best self. Subscribe to the Live Your Possible podcast on Spotify, YouTube, Apple and other podcast services or check out the video interviews on the **Ignite Happy YouTube Channel**.

### Featured Guest: Shamia Lodge

"It's not about a handout. It's a hand-up." - Shamia Lodge

Join Darrin and Shamia as they discuss inclusion, second chances, and how to be an ally. Gain a richer appreciation for what allyship can do that makes us uniquely human when we do things for the betterment of others.



## Expand Your Bubble

We believe growth can take many forms, including gaining new perspectives and learning new ideas and concepts from others. Listening with open-minded curiosity creates a place for augmenting and expanding our knowledge. It is a space for appreciating differences with a lens of looking for discoveries and possibilities. Click the name of the featured changemaker, Shawn Achor, hear his Ted Talk on happiness. This talk helps people believe happiness as a way of living is possible.

**Shawn Achor – Author, Speaker, Happiness Researcher, CEO of BetterUp**



## Joyful Connections

Find the “WG” in Your World to Connect With Joy

### Grow towards the light of your happiness.

Flowers grow towards the light. They will turn and bend if planted in the shade, changing their growth course to meet the light. They do this because light is essential to their growth—it feeds them and allows them to bloom in their most vibrant colors.

Humans are similar to flowers, needing light to become most vibrant. For us, light can be many things. It can be literal natural light experienced when enjoying time outside. It can be the light of love, seen and felt, when we connect to those in our hearts. Or it can be the light that beams when we pursue the things that bring us authentic joy.

Whichever source it is, we need to focus our growth in the areas that provide us this light. Choosing paths toward these lights makes the light brighter as our inner sparks ignite. What gives you the most light? How often do you intentionally make space to enjoy those things? What turns can you make in your days to incorporate more light into your day to keep you lit up?



*Take a look at the photo above. Do you notice any one-eyed smiling WGs? How many can you find? There is joy to be found in the smallest of things.*

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

## Taking Happy Steps

Often we get to the end of our days, exhausted, and when we finally take a break, we create an inventory of the things left undone so we can pack our timeline again tomorrow. Days follow days, and we don't find any space to breathe, to rest or to sit in gratitude of the moment we are in without planning how the next moments must be. Or maybe when we do find space, we fill it with anxiety over something we said or did or didn't do. When we are stuck in a rut, days like this turn into weeks, months and even years.

The passing of time or aging isn't growth. Growth is an intentional action, physically by our bodies and mentally by our minds, to continually evolve to meet our changing circumstances. As our lives change, growth is essential to ensure that we maintain our light. When we aren't intentional, the noise of our days clouds the light of possibilities, darkening our inner light.

Make the space for joy in your life. Determine what directions bring you the most light and plant your seeds of growth facing those paths. Each day, do something to nurture the seeds. Don't be afraid to stretch outside your comfort zone. Have you always wanted to start a hobby, learn an instrument, play a sport, volunteer in an area special to you or have an experience that seems out of reach? Plant some of your seeds on paths that seem scary. Once they begin to bloom, you will be inspired and empowered to continue down that path.

*Create breaks in your day to pause and notice what lights you up. If we miss it, our happiness rolls off our backs like water on a duck.*



*Seek what brings you joy and connect that joy with the people and things around you. Sharing our happiness creates space for more of it.*



## 30-Day Challenge

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 this idea above make up your own. Learn more about the power of daily rituals [here](#).

**Intentionally make space each day for growth. Grow a skill or connection.**

**Or simply pause to feel gratitude for your journey and consider where you want to grow next.**

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](#)

