



IGNITE



A BRILLIANT CONNECTION

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Ignite is a rare opportunity to step away from our day-to-day busyness that keeps us from more meaningful, 1-on-1 connections with our favorite people.

These invaluable moments are designed to kindle an environment where intimate conversations allow us to drop our armor and reflect on who we are and how we live. And this guided get-together sets alight a brilliant practice to see others with a new level of understanding, more grace, and a deeper appreciation for who they are.

STOKE THE FLAMES

The rules of engagement are simple. Take turns asking each other the questions on the next page. Don't rush through them. Instead, take your time to nurture an honest conversation. Focus on using each question as a way to cultivate a greater connection.

IN ORDER TO STOKE THE FLAMES OF GREAT CONVERSATION YOU SIMPLY NEED TO REMEMBER THREE THINGS:

1. WITHHOLD JUDGMENT. Understanding does NOT equal agreement. Your #1 goal in curating a safe space of more meaningful connection is to withhold judgment and stay curious. Try to avoid the need to say "I disagree" and move toward a more open posture of "Tell me more about that . . ." Listen. Hold space. Reserve judgment.

2. ACKNOWLEDGE THE FEELING. Many of us have good intentions that lead to empathetic misses. When your partner is sharing how they feel, avoid the need to correct their emotional perspective. Stop yourself from saying, "Oh you don't have to feel that way", "It's not that bad", or even "At least . . .". Instead simply acknowledge your partner's feeling by sharing your understanding of THEIR perspective. DO NOT SAY, "What I hear you saying is . . ."

3. USE THEIR NAME OR NICKNAME. This is a weird one right? But did you know we rarely use someone's name when trying to connect. Instead we just dive right into what we want to say. But we love hearing our name (or nickname) and it gets our attention. So before each question, be sure to say your partner's name.

NOW, LET'S GET A FIRE GOING . . .





QUESTIONS

1. What's your first thought of the day?
2. What makes it a great day?
3. What makes it a bad day?
4. How can we learn to best relate to you?
5. How are you often misunderstood?
6. What are your fears?
7. Where do you feel most at peace?
8. When's the last time you felt excited or inspired?

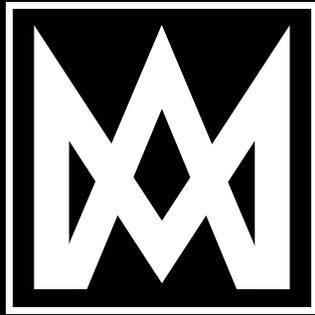
ILLUMINATION

Now that you've had this opportunity to ignite your connection, ask yourself what you're taking away from this. What did you learn about yourself? What did you learn about your partner?

Is your first thought in the morning a task or intention? Do you know your personal recipe for a great day or a bad day? If not, you'll end up simply stumbling into both. So be intentional with how you want the day to unfold.

Continue to stay authentic and vulnerable. Be sure to display your values through your words and actions. And never miss a chance to connect!





RESCUE YOUR DREAMS™