

Ashu Khanna
Reimagine Possibilities

HAPPINESS TODAY



“

“True happiness
and well-being lead
to success.”

”

Your guide to happiness and growth

WELCOME TO YOUR JOURNEY TO HAPPINESS

Happiness is our true nature. Happiness is not a destination or outcome; it is a state of being that can be cultivated through self-awareness and mindful choices that align with our inner self. We can nurture our inner self by practicing a few simple habits daily.

In this booklet, I have shared a few insights and habits that serve me to stay centered and happy. Within these pages, you'll find numerous practical tips that will guide you to be happier, one step at a time. Each step you take towards living authentically is a step towards a more balanced, successful and fulfilling life. I hope that the practices trigger moments of reflection, clarity, and joy within you.

Use this booklet as a daily companion to inspire small changes that can lead to big transformations. Whether it's through moments of mindfulness, embracing gratitude, or building resilience, these tips will support you to stay grounded and present, no matter what life throws your way.

I want to express my heartfelt gratitude for your time and openness in exploring this booklet. I hope that you embrace these insights and habits as a part of your everyday life. Thank you for becoming a part of our Happiness Community.

With love & light,
Ashu Khanna

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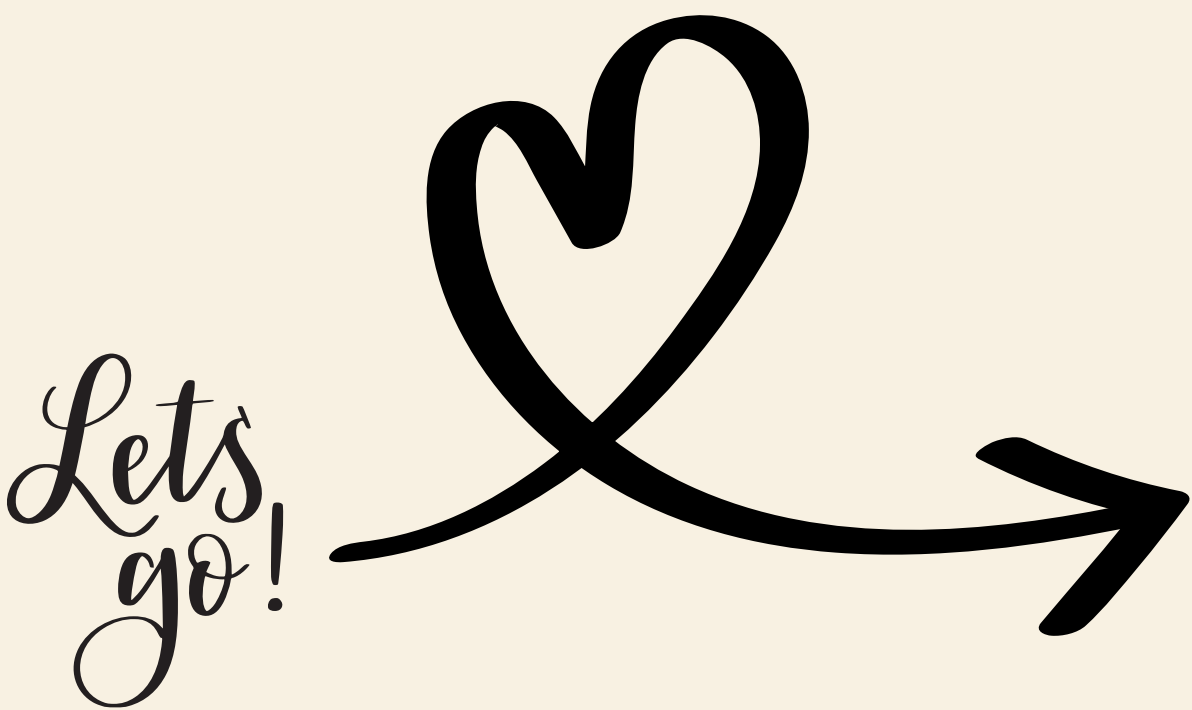
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HAPPINESS

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Success

***“Success and failure are concepts
defined by the mind, not the truth.”
- Ashu Khanna***

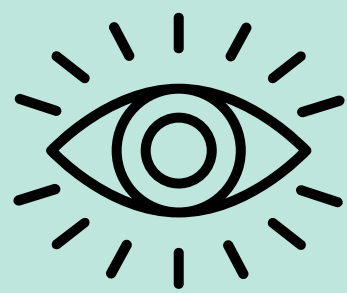


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SKILLS FOR SUCCESS



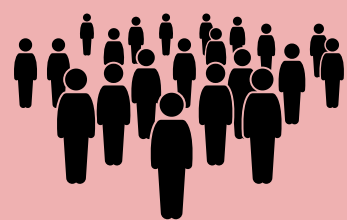
Self-confidence



Clarity of vision



Effective communication

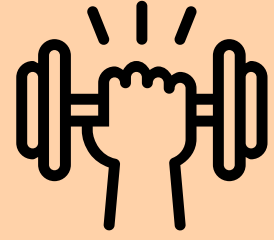


People management



Decision making

HARNESS YOUR TALENT



**Identify your
unique talent**



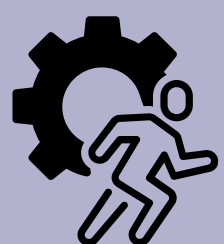
**Collaborate
consciously**



Be courageous



Be patient



**Express
authentically**

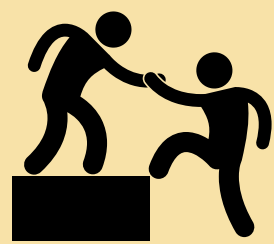
STOP PROCRASTINATING



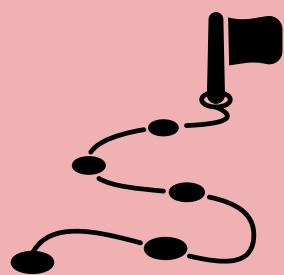
Accept that you are stuck



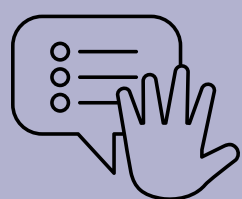
Recall your accomplishments



Ask for help to break the loop

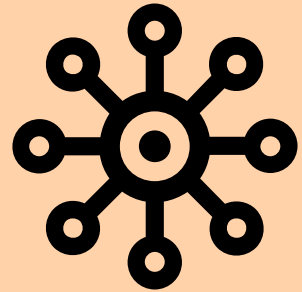


Convert goals into small chunks

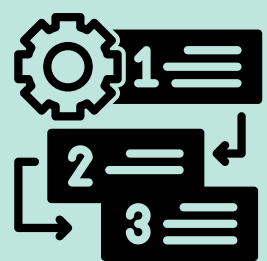


Stop making excuses & get into action

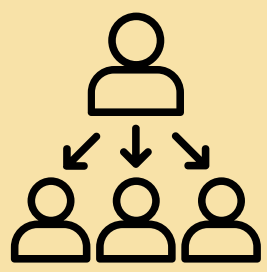
TIME MANAGEMENT



Draw a plan



Prioritize the activities



Empower & delegate



Let go of the clutter



Be focused to be productive

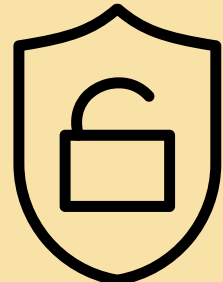
EFFECTIVE COMMUNICATION



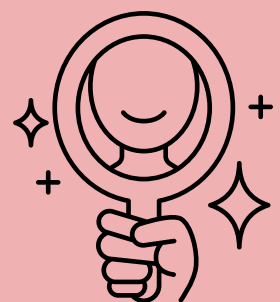
Listen without judgement



Be clear & concise



Be vulnerable



Be authentic



Be empathetic

BUILD MEANINGFUL RELATIONSHIPS



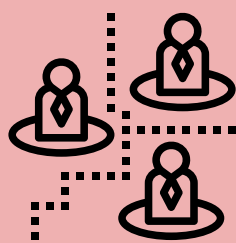
Be authentic & vulnerable



Listen openly



Appreciate & acknowledge



Respect boundaries



Stay connected

BE CREATIVE



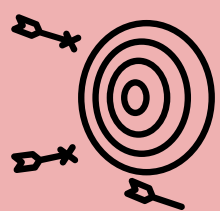
Observe curiously



Embrace the unknown



Brainstorm with others



Learn from failures



**Be adventurous
challenge your
boundaries**

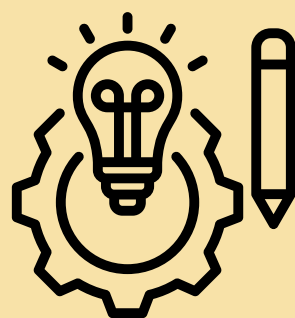
EXCELLENCE



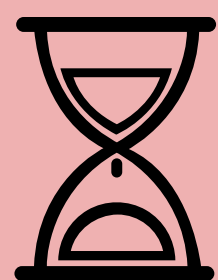
**Be curious
Be creative**



**Identify your
unique talent**



Practice

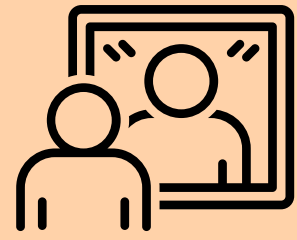


Be patient



Do your best

STRATEGIES FOR SUCCESS



Develop self awareness



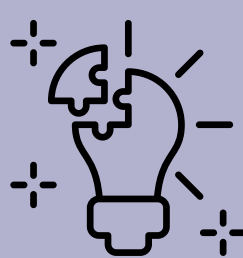
Use setbacks as an opportunity to learn



Stretch your boundaries

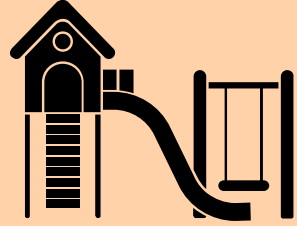


**Be vulnerable
Be inclusive**

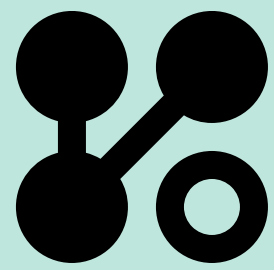


Reinvent yourself to stay relevant

UNLEASH YOUR POTENTIAL



**The world is a
playground of
possibilities**



**Observe &
identify patterns**



**Explore &
experiment
fearlessly**



**Ask questions
vulnerably**

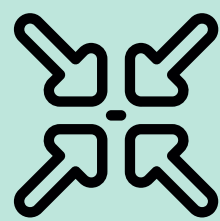


**Take action to
keep moving
forward
courageously**

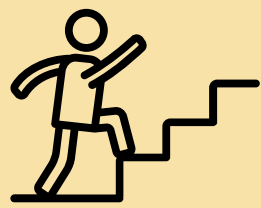
ACHIEVE YOUR VISION



Commit to a clear vision



Break it down into smaller goals



Take daily steps



Collaborate & Communicate



Act consistently

CLICK HERE

Mindfulness

“The power of choice is a gift and a responsibility. Choose mindfully.”
- Ashu Khanna

CLICK HERE

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LIVE WITH AWARENESS



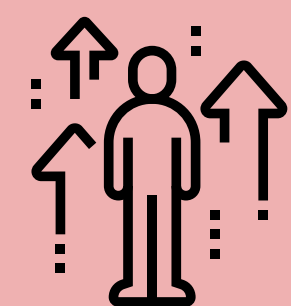
Own your power of choice



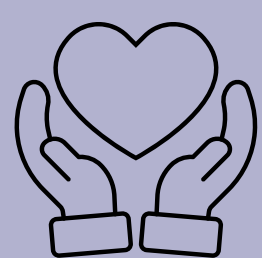
Observe, transform & grow



Express fearlessly



Unleash your potential



Cherish & celebrate life

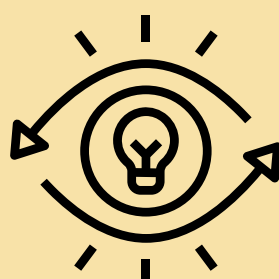
DAILY REFLECTIONS



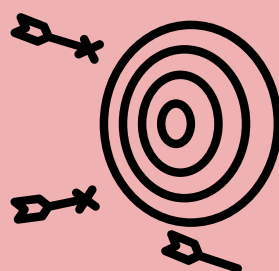
**Are you aware of
your thoughts &
emotions?**



**Who is steering
your life?**



**Are your actions
aligned with your
vision?**



**Do your failures
stop you?**

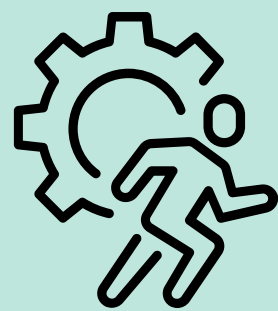


**Do you swing
between joy &
sorrow?**

POWER OF FREE WILL



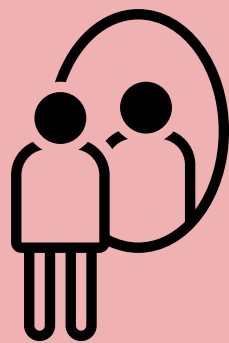
**Take responsibility
of yourself**



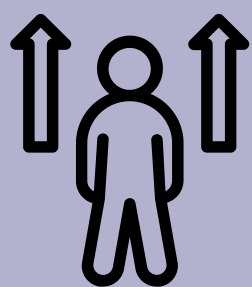
**Choose your
actions mindfully**



**Control your
reaction**

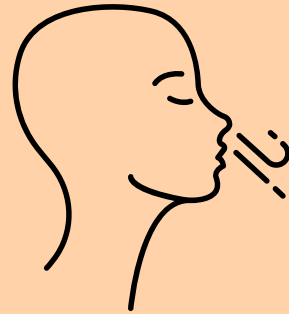


**Express
yourself freely**



**Live life with
mastery**

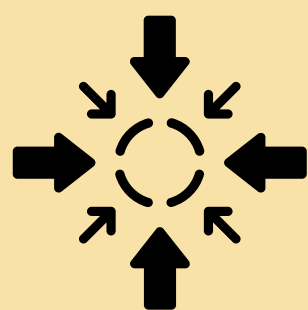
EMBRACE YOUR FEARS



Take a pause & breathe



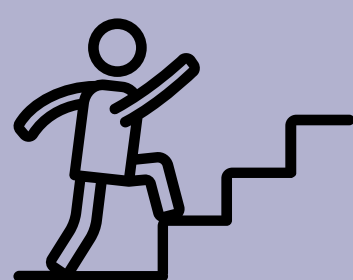
Acknowledge the emotion



Anchor internally

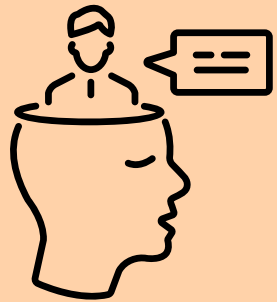


Recall your strengths

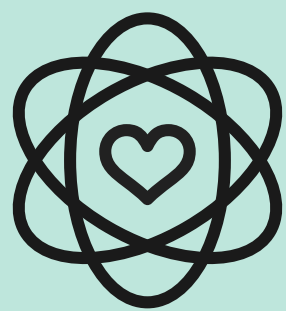


Take small steps to move forward

TRUST YOUR INNER VOICE



**Declutter to listen
the inner voice**



**Align with your
values**



**Make time to
stay connected**



**Don't give
power to the
noise**



**Take leaps of
faith**

LIVE AS AN OBSERVER



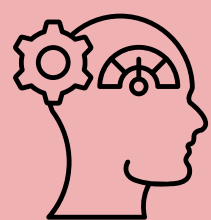
Focus on the now



**Give space
to others**



Practice silence

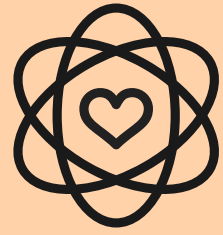


**Practice
self-control**



Be curious & open

WALK WITH DIGNITY



Stay true to your values



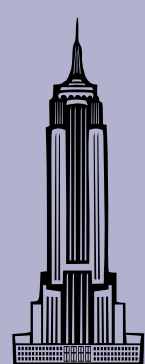
Respect others



**Be confident
Be humble**



**Respond
thoughtfully**

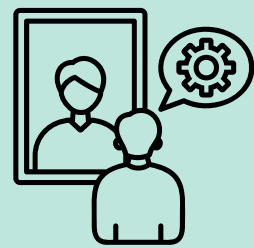


**Stand tall in
adversity**

REINVENT YOURSELF



**Acknowledge your
unique talent**



**Develop self
awareness**



**Explore different
mediums of
expression**

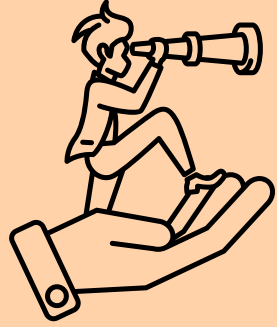


**Learn, unlearn &
reskill**



**Talk to others to
brainstorm &
ideate**

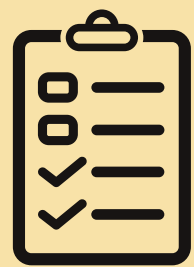
MANIFEST YOUR DREAMS



Commit to your vision



Believe in yourself



Make a plan



Be courageous



Take action to keep moving forward

Well-Being

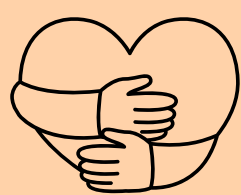
“Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well being.”

- Ashu Khanna



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FOCUS ON WELLBEING



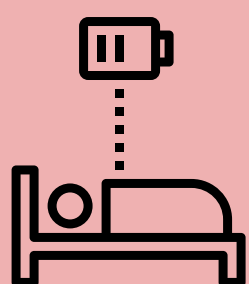
Commit to self-care



Meditate regularly



Live mindfully



Rest & recharge



**Connect with
loved ones**

DAILY ROUTINE



Meditation



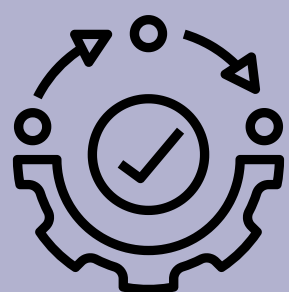
Exercise



Gratitude



Eat healthy



**Plan and
prioritize**

LET GO OF THE PAST



Accept the reality



Take support



**Practice
mindfulness**



**Associate with
positive people**



**Forgive & move
forward**

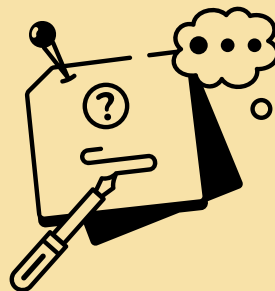
MANAGE YOUR ANGER



Accept the anger



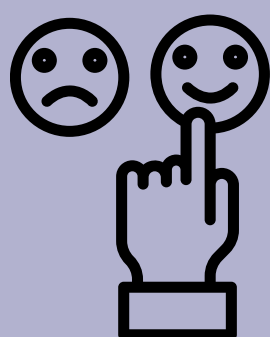
Breath deeply



Pen your thoughts



Recognize the triggers



Channelize the anger positively

REDUCE STRESS



Meditation



Selfcare



Reframe your perspective

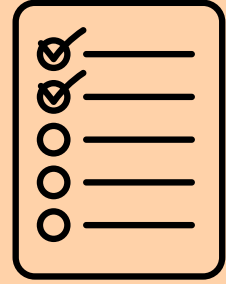


Think positively



Seek help

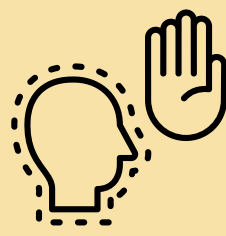
AVOID BURNT OUT



Plan & prioritise



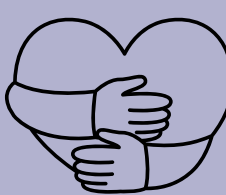
Learn to say no



Draw emotional boundaries



Develop self awareness



Make time for self care

SET HEALTHY BOUNDARIES



Honor your needs



Say No when needed



Prioritize self care

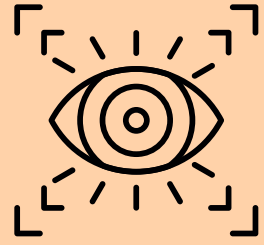


Communicate clearly

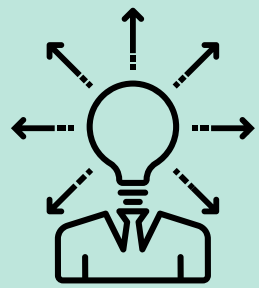


Stay around positive people

LIVE A BALANCED LIFE



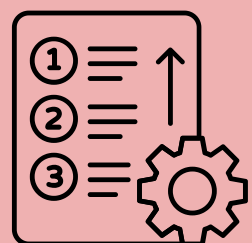
Have clarity of vision



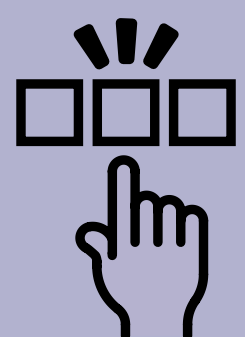
Live with awareness



Setting healthy boundaries



Have clear prioritites



Declutter & choose mindfully

STAY YOUTHFUL



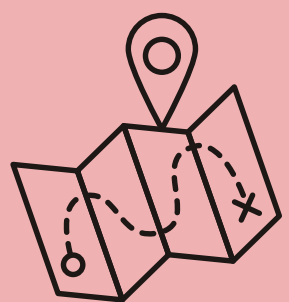
Be a student of life



**Allow yourself to
be silly & have
fun**



**Be vulnerable &
ask questions**



**Take risks & be
an adventurer**



**Have a sense of
humour**

Leadership

“Authentic leadership is realizing that we are all pieces of a puzzle that complete a picture.”

- Ashu Khanna



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DESIGN YOUR LIFE



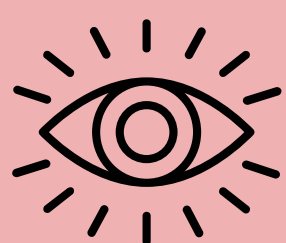
**Awaken to the
inner leader**



Own your power



**Be disciplined
Be Consistent**

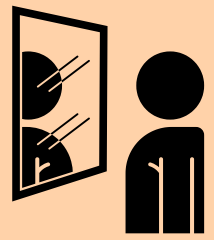


**Stay anchored in
your vision**



Act courageously

DEVELOP CLARITY OF PURPOSE



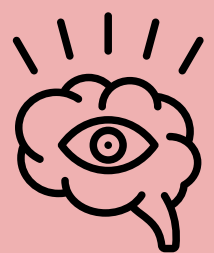
Ask your Why



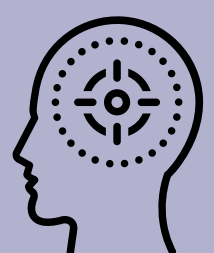
**Journal,
Contemplate &
Talk to others**



**Align your
passions with
your talent**



**Trust your
instincts**



**Giving is
happiness**

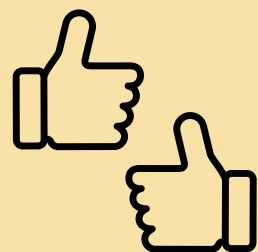
CHARACTERISTICS OF AUTHENTIC LEADERSHIP



Integrity with self



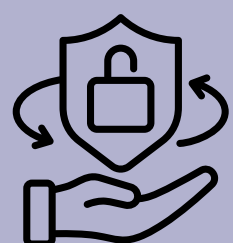
Compassionate



Respectful



Courageous

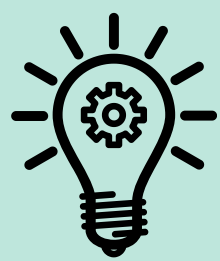


Vulnerable

EMBRACE DIVERSITY



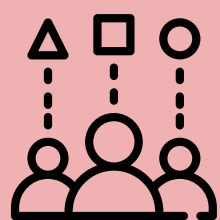
**Acknowledge
interconnectedness
& oneness**



Welcome new ideas



Learn from others



**Celebrate
differences**

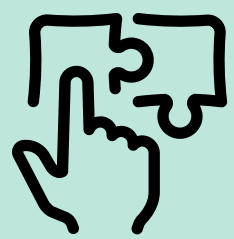


**Build inclusive
spaces**

BE HUMANE



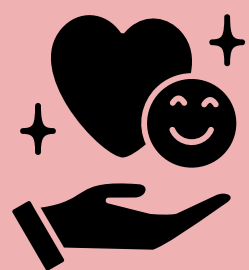
Be humble



Focus on learning



Accept feedback

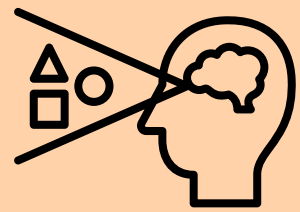


Be compassionate



Smile and be kind

RESOLVE CONFLICT PEACEFULLY



**Accept the
difference in
perception**



**Communicate
clearly**



Listen calmly

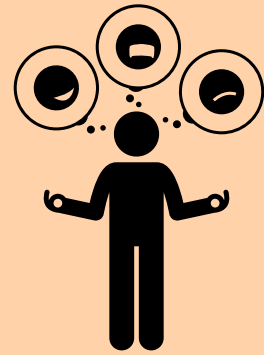


**Try for a win-win
solution**



Agree to disagree

OWN YOUR POWER



**Recognize your
self worth**



**Lead with
purpose**



**Associate with
other leaders**



**Have a growth
mindset**



**Act with
conviction**

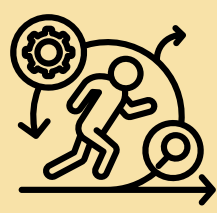
LIVE WITH MASTERY



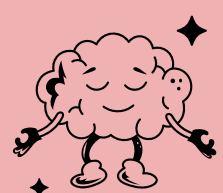
Be present



Be resilient



**Embrace
your fears**



Be digified



**Listen &
observe**

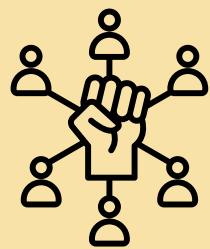
LEAD BY EXAMPLE



Act with authenticity



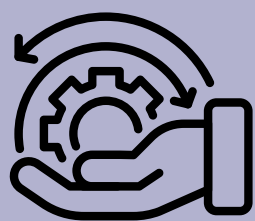
Stay focused on the vision



Foster shared leadership

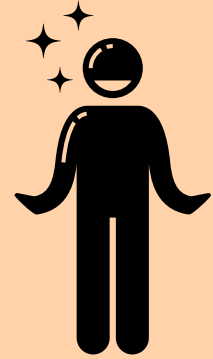


Act with integrity



Be accountable

MANAGE CHANGE GRACEFULLY



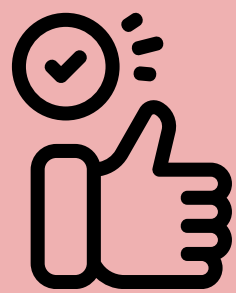
Stay anchored within



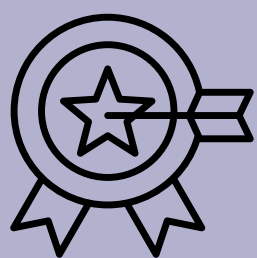
Identify opportunities



Embrace diversity

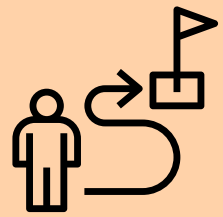


Acknowledge yourself



Celebrate accomplishments

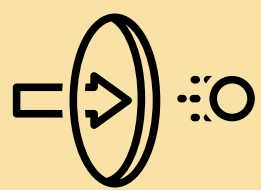
MAKE AN IMPACT



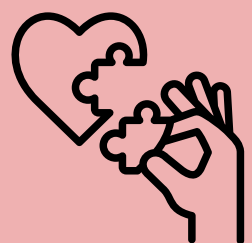
Lead with purpose



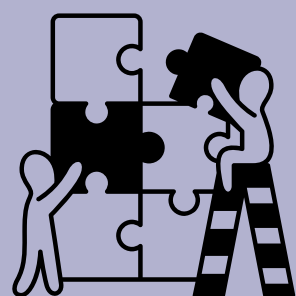
Serve selflessly



**Stay true to
your values**



**Contribute
meaningfully**



Create change

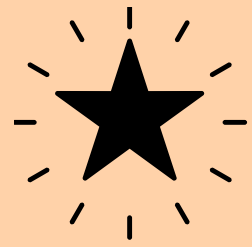
Happiness

***“Happiness is our integral nature,
align internally to be happy.”
- Ashu Khanna***

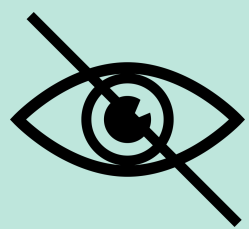


TABLE OF CONTENT

LOVE YOURSELF



You are unique



Don't compare & compete



Don't allow the world to stop you



Do your best & leave the rest

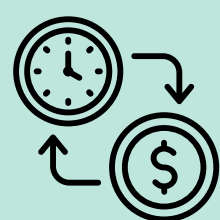


Be your own best friend

TRUE WEALTH



**Abundance is
wealth**



Time is wealth



Health is wealth



**Relationships is
wealth**



**Happiness is
wealth**

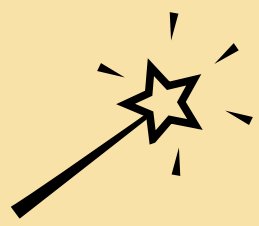
LIFE IS A GIFT



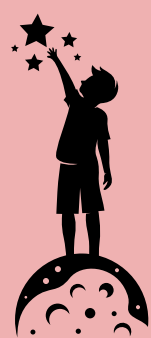
Thrive, don't just survive



You deserve the best



See the magic in life



**Dream big:
Explore & act
fearlessly**

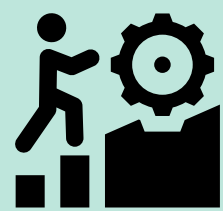


**Life is short, cherish
every moment**

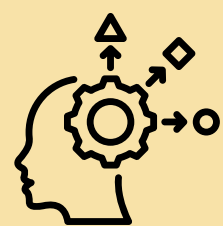
LIFE IS A SPORT



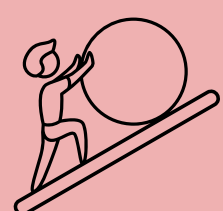
Be disciplined



Enjoy challenges



Adapt & evolve



Build resilience



Stay in action

EVERY MOMENT IS PERFECT



An opportunity to explore



An opportunity to learn



An opportunity to grow



An opportunity to act with faith



An opportunity to be happy

LIVE FREELY



Understand yourself



Trust yourself



Be compassionate



Take leaps of faith



Forgive & let go

LIVE AN INSPIRED LIFE



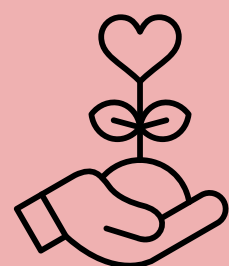
Commit to a higher vision



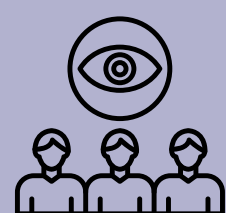
Learn from every experience



Observe life patiently



Trust your inner voice

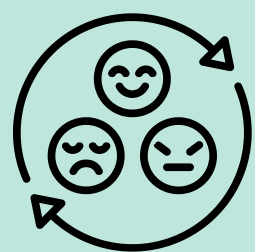


See perfection in everything

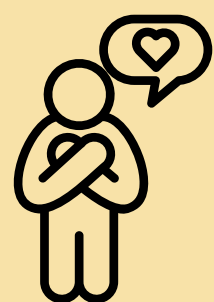
LIVE JOYFULLY



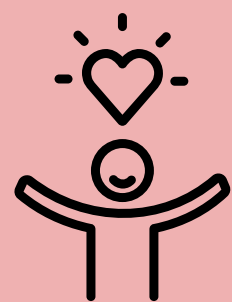
Embrace your inner perfection



Anchor your emotions



Express gratitude



Live in the present



Celebrate life

BE HAPPY



Stop chasing happiness



Be present to the moment



Focus inwards to calm the mind

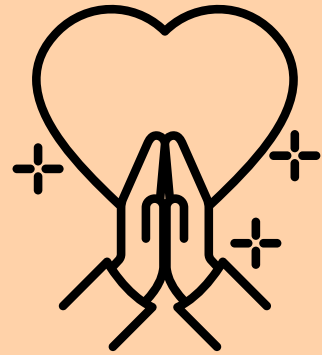


Count your blessings



Acknowledge the Happiness within

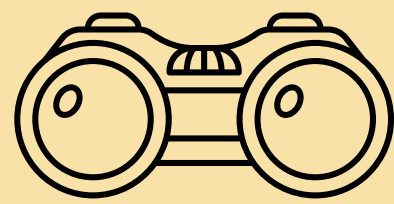
LIVE IN THE PRESENT



Be grateful



Drop the anxiety



Observe calmly



**Stay focused
on your vision**

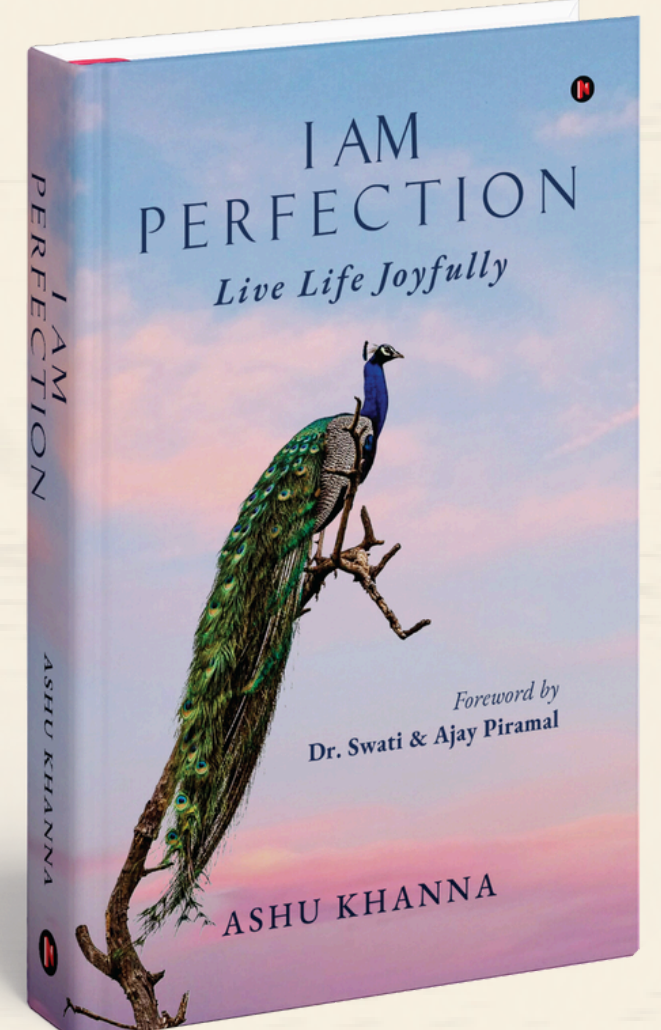
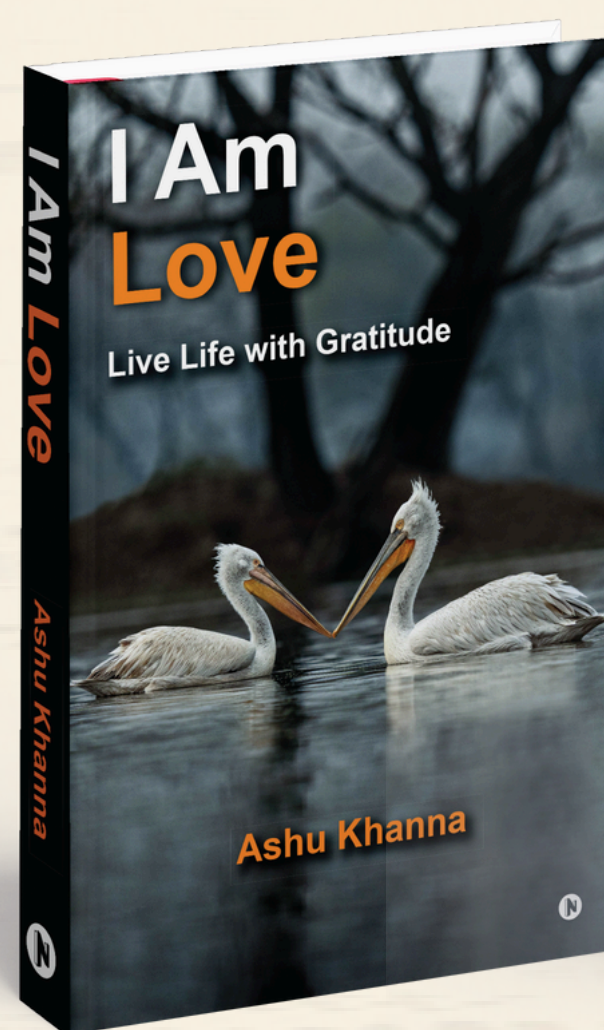
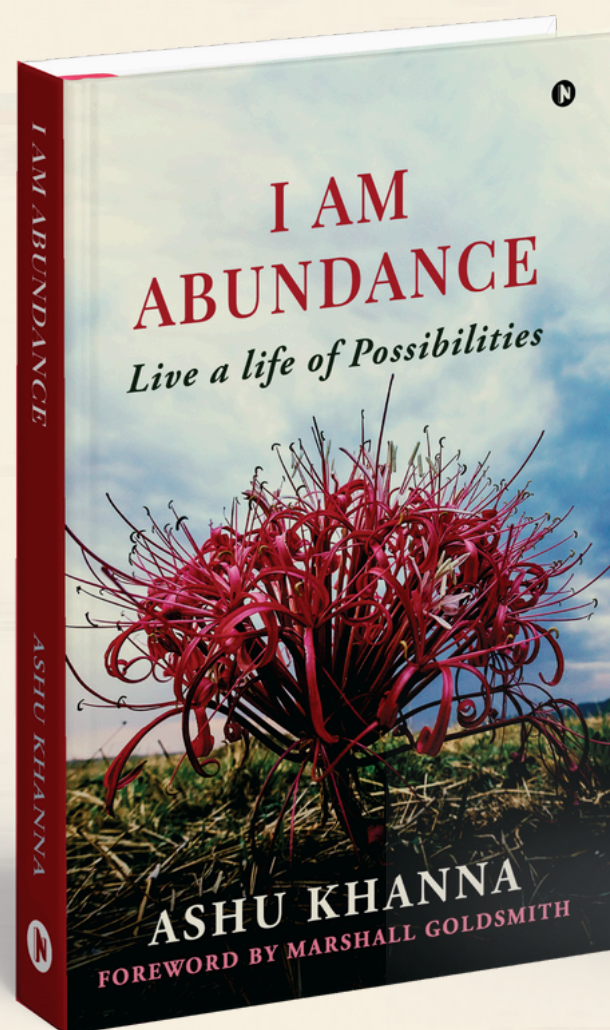
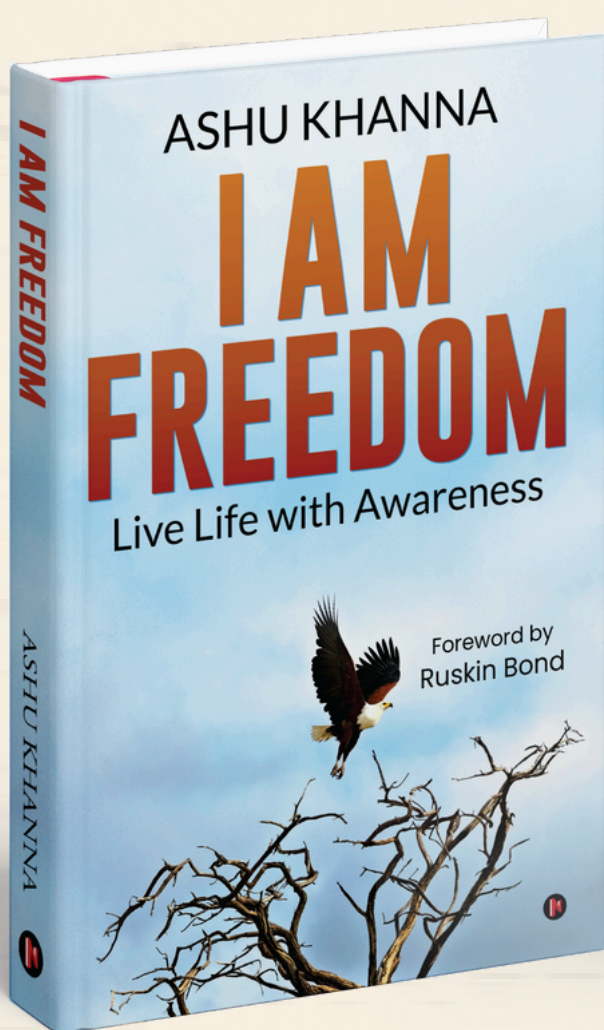


**Appreciate every
moment**

Ashu Khanna
Reimagine Possibilities

Expand Your Happiness

Books



Ashu's book, 'I Am Perfection, Live Life Joyfully', reveals the journey of a seeker searching for the goal in life that every human being has - happiness.... It is inspiring to see how she has used the lessons of The Gita to change from being sensitive to being compassionate, from being ambitious to being fearless, from worrying to being joyful in the present moment...each one of us can easily relate to Ashu's quest for happiness.

Ajay & Swati Piramal
Vice Chairperson & Chairman
Piramal Group

Ashu Khanna's insightful book, 'I Am Abundance, Live Life with Mastery' is a masterclass in letting go of the ego. Each Chapter reveals another path to genuine self reflection and inner contentment... Awareness is crucial if we want to change our behavior for the better... I recommend keeping Ashu's book on your nightstand so you can reach for it everyday, to absorb and reabsorb its inspiring lessons.

Dr. Marshall Goldsmith
World renowned Leadership
Thinker & Coach

About Ashu

Ashu Khanna, Life coach and Thought Leader, is on a mission to inspire people to focus on happiness as a way of being. Committing to happiness as her north star, she has shared her insights and experiences in books and designed a masterclass for happiness. Her work blends the wisdom from the Bhagavad Gita with leadership principles, bringing the inside and outside world together. She has worked extensively with many leaders to discover and lead a life of purpose, success and joy.



Where to follow Ashu Khanna 

 [@iamashukhanna](https://www.instagram.com/iamashukhanna)

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