

Happiness Chronicles

PAUSE. REFLECT. REALIGN

A more conscious you
creates a brighter world!

Namaste,

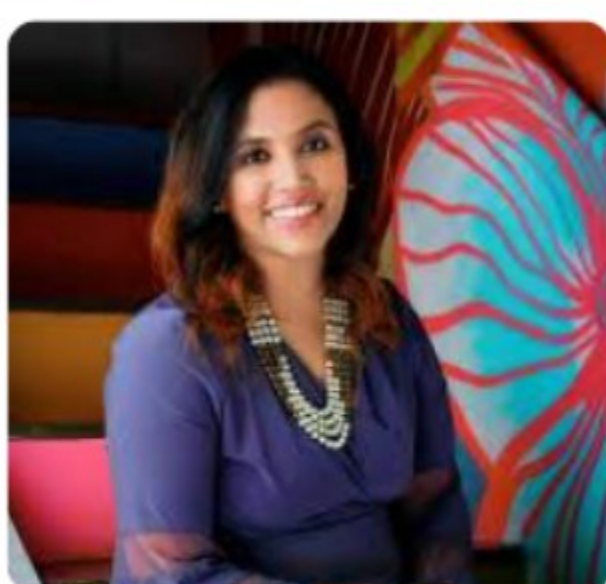
Leadership is not just about making decisions. It is about understanding people, embracing change, and finding happiness in everyday experiences. This week, I invite you to explore how empathy shapes the way we lead, how unexpected moments teach us to adapt, and how self-awareness helps us grow.

May these stories and reflections inspire you to connect with others, welcome new perspectives, and find meaning in every experience.

Ashu



THE HAPPINESS HOUR



In this episode of The Happiness Hour, I sit down with Siji Varghese, founder of Leaders in Lipstick, to explore how happiness, resilience, and human connection shape authentic leadership. Drawing from her journey across corporate leadership, coaching, and mentoring, Siji shares how meaningful mentorship can help people recognise their potential and pursue their aspirations.

We explore:

- Women Empowerment : Building a community where women support, mentor, and uplift one another.
- Human-Centred Leadership: Why empathy, authenticity, and meaningful connections matter in a world shaped by AI.
- The Impact of Mentorship: How a leader's belief in others can inspire them to achieve beyond their expectations
- Happiness and Resilience: Finding joy in everyday moments, learning from challenges, and leading with purpose.

This conversation highlights how leadership extends beyond performance and results. It is also about empowering people, nurturing human connections, and creating an environment where everyone can thrive.



THE INNER VIEW



Life does not always follow the plans we make. An unexpected situation during a flight reminded me that leadership begins with recognizing what matters most and responding with presence and care. When the child was safe, I chose to embrace the unexpected delay and use the time meaningfully. The experience reminded me that leadership is not about controlling every situation, but about adapting, staying aware, and moving forward with purpose.

Discover how unexpected situations can teach us to adapt, stay present, and lead with intention.

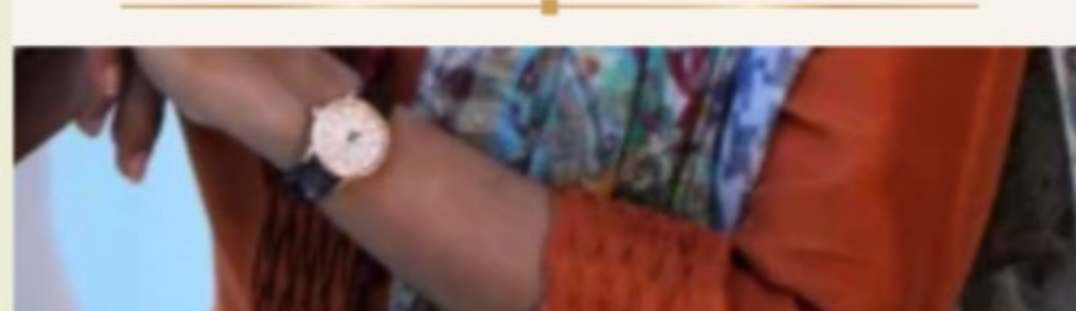
[Read The Full Blog](#)

Ashu Khanna
Reimagine possibilities

I Am



When You Let Go, You See Clearly



Insight Corner

When we begin asking deeper questions about who we are and what we seek, life can reveal answers when we are ready to receive them. The key is to remain aware, open, and willing to listen, embrace what resonates with our truth, and take action.

[Watch The Video →](#)



Comic Diaries

A personal story from my life, brought to you in a comic-style reel! Through this new creative series, I am sharing my personal experiences in an illustrated format, offering a glimpse into the moments, memories, and stories that have shaped my journey. Each comic brings a part of my life to the screen, giving you a different way to connect with my experiences and see life from my perspective.

[Explore This →](#)



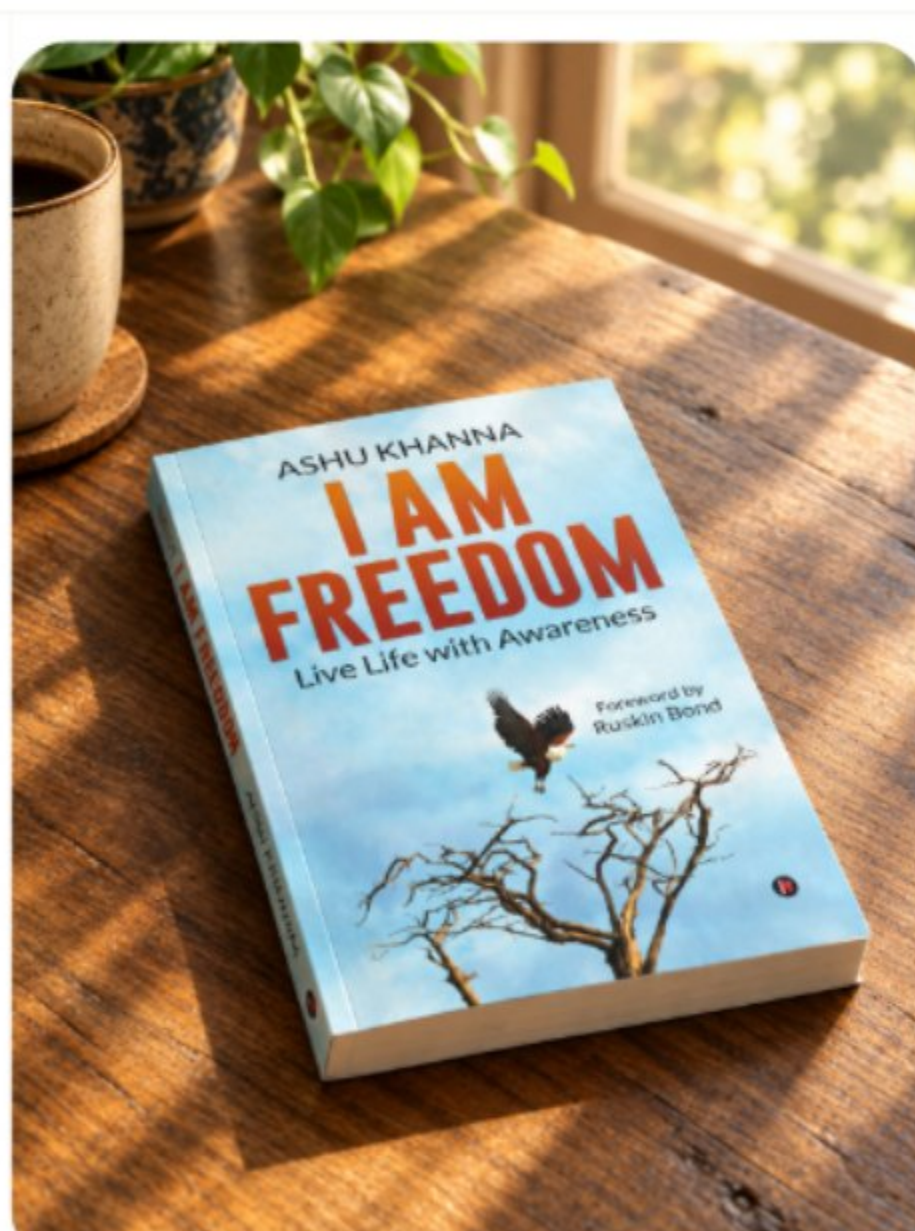
A GLIMPSE INTO MY JOURNEY

Book Spotlight : I Am Freedom

Chapter 3 : You Have Freedom Of Choice

One-Minute Book Thought

We are born in a set of circumstances, with intelligence and skill. How we think and what we make of our life is the freedom that we possess. We can treasure the gifts we have and use them mindfully, or fritter them away by thinking that we got them for free. Also, we can choose when and how to allocate our time and efforts. We cannot control the outcomes; what we can control is our actions. It is just that the impact of some actions show up later and some, immediately. Irrespective, our choices have consequences because the law of cause and effect is always in play.



[Buy It Now](#)

May your week be filled with love, laughter, and beautiful moments.

Warmly,
Ashu.