I Am
ASHU KHANNA

A NEWSLETTER ON AWARENESS, LEADERSHIP AND A HAPPIER YOU

5 NOVEMBER 2026



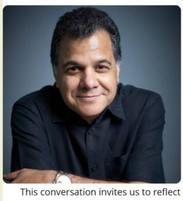
Namaste,

Diwali is a time to celebrate the warmth of togetherness, the joy of shared moments, and the little things that make life beautiful. As homes light up with diyas and celebrations bring loved ones closer, take a moment to cherish the people, experiences, and memories that fill our lives with happiness.

May the glow of Diwali bring peace to your home, joy to your heart, and countless reasons to smile. Wishing you and your family a very Happy Diwali!

Ashu

THE HAPPINESS HOUR



In this conversation, Raj and I explore how our perspective changes when life moves between success and difficult times. We celebrate our achievements without questioning why good things happen to us, yet when challenges arise, we often ask, "Why me?"

This conversation invites us to reflect on the way we respond to life's experiences:

• Common Question: We are quick to ask "Why Me?" and complain about challenges, while accepting its happy moments without asking why we deserve them?

• Our Perspective on Success: We celebrate success as a personal achievement, yet rarely question why we are the ones experiencing it.

• Responding to Difficult Times: Recognising the difference in our reactions to good and challenging experiences can help us develop a more balanced perspective.

• Acceptance and Awareness: Looking beyond the question of "Why me?" and becoming more aware of how we approach life's ups and downs.

This conversation offers a simple yet powerful perspective: if we do not ask "Why me?" when life is good, why do we ask it when life gets difficult? Perhaps changing that question can change the way we experience life's challenges.

Listen on Spotify

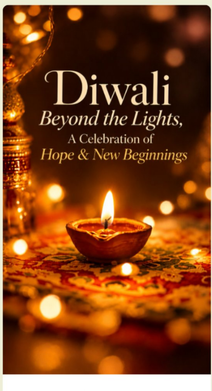
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THE INNER VIEW



The best vacation memories are not always found in planned destinations. They often emerge from slow mornings, unplanned walks, shared laughter, cycling through unfamiliar streets, and quiet moments with loved ones. This vacation reminded me that happiness does not depend on grand experiences or perfect plans. It grows when we are present, enjoy the little things, and make space for the people and moments that matter. Even away from home, simple daily rituals can bring balance and a sense of belonging.

Read The Full Blog



Insight Corner

Diwali is more than a celebration of lights. It is a reminder to replace fear with faith, challenges with courage, and negativity with gratitude. In this festive reflection, I share how we can carry the spirit of Diwali beyond our homes by spreading kindness, nurturing relationships, and welcoming new beginnings with hope and positivity.

Watch The Video →



My Tuppence

Back with another little moment from my life, brought to you through illustrations! This time, I share a glimpse of the everyday thoughts, conversations, and little situations that bring unexpected smiles and make us look at things differently.

Explore This →

A GLIMPSE INTO MY JOURNEY

Book Spotlight : I Am Freedom

Chapter 3 : You Have Freedom Of Choice

One Minute Thought



Our choices determine the quality of our life. We can choose to be happy and successful or not be in action; the decision rests with us. Discovering the power of free will was one of the most profound shifts in my life. I had lived my life feeling like a victim of circumstances, as I had taken myself for granted.

Earlier, I was driven by the need to win, but now I wanted to be at peace with myself. To reduce conflict caused by misunderstandings, I had to learn to be mindful of my emotions and others. I decided to take leadership of my thoughts and emotions by pausing to reflect before taking any action.

Buy It Now

Wishing you a very happy Diwali and a wonderful week filled with happiness, laughter, meaningful moments, and new opportunities to grow.

Warmly,
Ashu

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