I Am
ASHU KHANNA

A NEWSLETTER ON AWARENESS, LEADERSHIP AND A HAPPIER YOU

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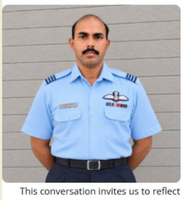


Namaste,

In this edition, we explore how we can lead with courage, embrace change, and keep growing at every stage of life. From lessons in leadership during challenging times to personal reinvention and everyday reflections, these stories invite us to look at our choices, appreciate the present, and find meaning in the way we live.

Ashu

THE HAPPINESS HOUR



In this conversation, Ashu khanna and Group Captain Alok Chaudhary explore his journey as Flight Commander of the Golden Arrows Squadron, which actively participated in Operation Safed Sagar during the 1999 Kargil War. Awarded the Vayu Sena Medal for gallantry, Alok shares his experiences and leadership lessons from the operation, which later inspired the Netflix series Operation Safed Sagar, for which he also served as a technical advisor.

This conversation invites us to reflect on leadership, purpose, and happiness:

• Knowing Yourself: Understanding our aspirations, strengths, and weaknesses helps us clarify what we want to achieve in life.

• Courage Under Pressure: Preparation, confidence, and the ability to manage fear help us stay focused in challenging circumstances.

• Leadership Through Understanding: Recognising the strengths and weaknesses of team members helps leaders bring out the best in people and build a strong sense of camaraderie.

• Finding Happiness in What We Do: Alok shares a powerful distinction: freedom is doing what you like, while happiness is liking what you do. Developing proficiency in our work can help us appreciate it more deeply.

This conversation offers a powerful perspective on how purpose, self-awareness, and service shape leadership and happiness. As Alok shares, we do not have to blindly chase our dreams. We can keep working towards them while learning to appreciate the present.

Listen on Spotify

Watch & Listen On YouTube

THE INNER VIEW



Personal growth does not stop with age or achievements. From becoming a Chartered Accountant to stepping into leadership coaching and now exploring technology, artificial intelligence, and entrepreneurship at close to 60, this journey reflects the value of staying curious and embracing new beginnings. Every stage of life brings an opportunity to learn, challenge familiar ways of thinking, and discover new possibilities. We don't need every answer before taking the first step. At times, all it takes is the courage to ask ourselves, "Why not?"

Read The Full Blog





✨ My Tuppence

A glimpse into my life through illustrations, capturing the humour of feeling bored with the same thought patterns and stories running through my head. A playful take on knowing when it is time to switch off the inner chatter and welcome a fresh perspective.

Explore This →

✨ From My Perspective

Over the years, I have come to understand that surrendering to God isn't about giving up control or losing hope. It's about developing the faith to trust life, even when we cannot see what lies ahead.

In collaboration with Mystic Sutra and Speaking Tree, Times Of India Group, we explored the deeper meaning of divine surrender, the importance of intuition, and how recognizing the signs around us can help us navigate life's uncertainties.

Watch full podcast →

A GLIMPSE INTO MY JOURNEY

Book Spotlight : I Am Abundance

Chapter 6 : Innovate to Keep Pace with Dynamism

One Minute Thought

Entrepreneurship is a journey of ups and downs. Facing adversities requires resilience and creativity. I get many inquiries from corporates and not all inquiries translate into business. Also, some ideas work and some fail. When I completed my first book, I faced many rejections from publishers. I used many different techniques such as meditation, writing, chanting, breathing exercises and yoga asanas to clear my mind and bounce back quickly from the rejections and failures.



Buy It Now

May you find the courage to embrace change, the curiosity to keep learning, and the joy of making each moment meaningful.

Warmly,
Ashu

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