

HAPPINESS CHRONICLES



Namaste,

I invite you to explore the quiet forces that shape the way we experience life and lead others. The journey to self awareness and happiness provokes us to understand ourselves more deeply and respond to life with greater intention and clarity.

Take a moment to pause, look within, and notice what may be guiding the way you think, connect, and lead.

Podcast: The Happiness Hour

[Episode 5 : Happiness Can Be Created.](#)

 [Listen Now](#)



Revisiting a memorable conversation from The Happiness Hour with Lynee Marks, founder and president of London Image Institute and a globally recognised image consultant. We talked about the deeper connection between happiness, self-awareness, communication, and authentic leadership. Our conversation went beyond external image to understand how our thoughts, words and actions shape the way we experience relationships, happiness and lead our lives.

We reflected on:

- Happiness as a choice : Happiness is an intentional choice that we can make everyday. It can be created through the way we see life and the perspective we bring to each experience.
- The power of continuous learning : Staying open and curious to learning and embracing new challenges can create opportunities for personal growth, leadership development and transformation.
- Reframe your inner language : Our inner language influences the words we use, the way we communicate, and the tone we bring to our interactions and how we connect with others.
- The practice of giving : Happiness can deepen when we bring joy to others through acknowledgement, kindness, encouragement and a heart to heart connection.

This conversation is a reminder that happiness is not a feeling we need to wait for. It can become a conscious practice through the way we communicate, learn, connect and give. When we choose to bring greater joy into the lives of others, we also create greater meaning and fulfillment within our own lives.

Watch and listen to this full episode of The Happiness Hour with Ashu Khanna on:



The Inner View

[Is Sensitivity a Weakness or a Superpower ?](#)



For a long time, I believed sensitivity was a quality I needed to control. I learnt to stay composed, guard my emotions, and appear stronger, only to realise that the real shift was not about feeling less, but becoming more self-aware. Sensitivity can help us notice what others miss, understand emotions more deeply, and listen beyond words. When guided by awareness, it can become empathy, reflection, perception, and a deeper capacity to lead.

We reflected on how self-awareness helps us recognise the difference between what is happening in the present and the stories we create around it. Instead of reacting immediately, we can pause, listen within, and choose how we want to respond.

 [Read the full blog and explore how self-awareness can transform the qualities you once saw as weaknesses into strengths...](#)

Insight Corner

[Inner Alignment Is Where Talent Meets Purpose](#)



Seeking mindset can keep us youthful, agile, and connected to the human side of life. When we bring awareness to these qualities, we create space to recognise our talents, align with our inner selves, and use our strengths in meaningful ways.

When we live in alignment with who we are, our talents can become a way to contribute to society and bring our best to the world.

 [Watch the video and reflect on how you can align your talents with your inner self and contribute with greater purpose...](#)

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My Tuppence



I am excited to introduce a new series on Twitter, Me, Myself & Oops!

A series about those little moments when we catch ourselves overthinking, second-guessing, or simply getting in our own way.

 [A little thought. A different perspective.](#)

A Glimpse into my Journey

[Book Spotlight: I Am Love](#)

[\(Poem : Curiosity\)](#)

*I failed, I felt rejected, I felt pain
I succeeded, I felt accepted, I felt joy
Again, I asked why and how
And I tried again and again*

*Till I realised that curiosity is the only way
To knowing how to live life
For there will be no answers
And there will always be change*

 [Explore the book and deepen your awareness, one reflection at a time](#)



Have a week filled with love and laughter.

Warmly,

Ashu Khanna
Founder : Arka Leadership Institute



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