**Subscribe Past Issues** Translate >

# **Happiness Chronicles**



Let's kickstart this week with joy, wisdom and a fresh perspective!

Namaste <<First Name>>,

into the science of laughter, the power of self-awareness in leadership and how embracing change fuels personal growth. Let's make this week one of insight, laughter and purpose!

Want to feel lighter, happier and more in control of your life? This week, we're diving

### Season 1: Episodes 9 & 10

**Podcast – The Happiness Hour** 

### This week's thought-provoking episodes:

Episode 9: <u>Humanity Is One – with Akhil Gupta</u>

#### humanity and how recognizing this oneness brings more peace and purpose into our

lives. <u>Listen Here</u>

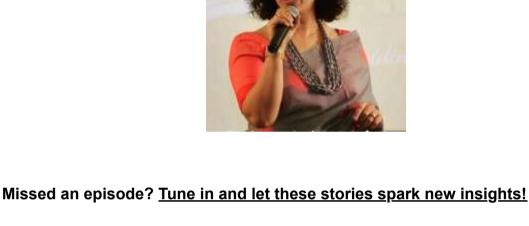
What truly unites us? Akhil Gupta explores the interconnectedness of



#### <u>Listen Here</u>

intelligence, and purpose-driven leadership create thriving workplaces.

Can happiness make us better leaders? Siji Varghese shares how joy, emotional



Spotify



Watch Here

Listen on

**Power of Awareness** – The first step to success is knowing where you stand. This video explores how awareness shapes our choices, happiness, and future.

**Embracing Change** – Growth starts when we stop resisting change. Let's explore

Watch Here

how to transform challenges into opportunities.

Subscribe to our

You Tube Channel

1. The Power of Laughter

relationships.

## Daily Positivity Boost – A good laugh lowers anxiety and increases well-being.

This Week's Must-Read Blogs

#### Stronger Mental Resilience – Laughter helps us navigate life's ups and downs with ease.

resilient, empathetic, and effective.

Ready to lead with clarity and impact?

people.

Read More

you truly laughed? **Read More** 

Happiness is a habit, and laughter is its most powerful tool. When was the last time

• Deepens Human Connection - Shared laughter builds trust and joy in

Want an instant mood boost? Laugh more! Science proves that laughter reduces stress, strengthens relationships, and even rewires our brains for lasting happiness

2. <u>Spirituality for Effective Leadership</u> Leadership isn't just about skills—it's about self-awareness, mindfulness, and leading

with purpose. This blog uncovers how spiritual alignment makes leaders more

 Stay Present – Mindful leadership enhances clarity and decision-making. Lead with Purpose – True leaders empower others to grow and succeed.

Balance Success & Well-Being – A great leader nurtures both performance and

• Know Yourself – Self-aware leaders inspire trust and confidence.

- Join me in exploring fresh perspectives on life and leadership!
- Every moment is a chance to choose joy. What will you choose today? Wishing you a week filled with laughter, leadership and light.

Ashu Khanna Reimagine possibilities

With love & light,

in

<u>LinkedIn</u> <u>Instagram</u>

You are receiving this email as you are a part of our Happiness Chronicles Community.

Twitter YouTube Facebook

Follow Us On