

# HAPPINESS CHRONICLES



Namaste,

This week, I have been reflecting on how resilience is the hallmark of sustainable leadership.

True leadership is not just achieving outcomes. It extends to building a culture of trust and empowerment, creating impact and being innovative time and again to stay on top.

This week's reflections come from that space.

## Podcast: The Happiness Hour For Leaders

[Episode 37: Leadership is a Marathon, not a Sprint.](#)

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In this episode of The Happiness Hour, I sit down with Con Conlon, a serial entrepreneur, technology leader, and genuine adventurer who recently completed the Marathon des Sables, covering 270 kilometres on foot across the Sahara Desert in seven days.

We reflected on:

- On building mental strength through thousands of small unglamorous choices.
- On the leadership mindset that knows when to hold on and when to let go.
- On why happiness for leaders is not a reward you receive; it is a practice you commit to every single day.

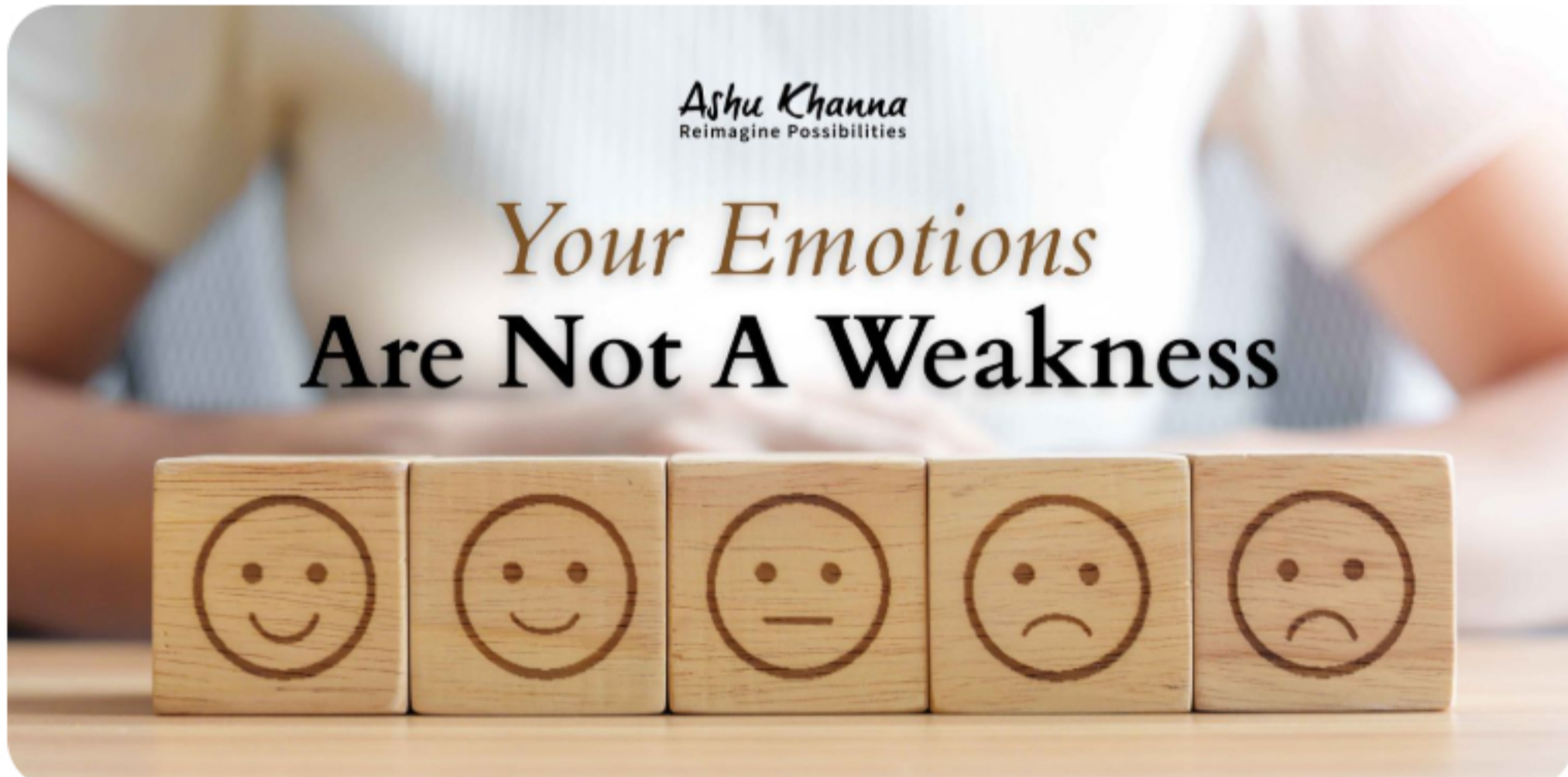
This conversation is a reminder that true leadership is about the clarity, resilience, and inner strength you choose to carry through it all. Successful outcomes are the reward for all the effort and passion, not the north star of a leadership journey.

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



## The Inner View

[Your Emotions Are Not A Weakness](#)



For years, I believed strong leadership meant staying composed while ignoring what I was feeling within.

Over time, I discovered that emotions are not weakness or interruption but valuable information guiding deeper self understanding. Drawing from my personal journey and the Vedic understanding of the mind, I explore how emotional patterns, self awareness, inner alignment influence the way we lead, make decisions, build relationships.

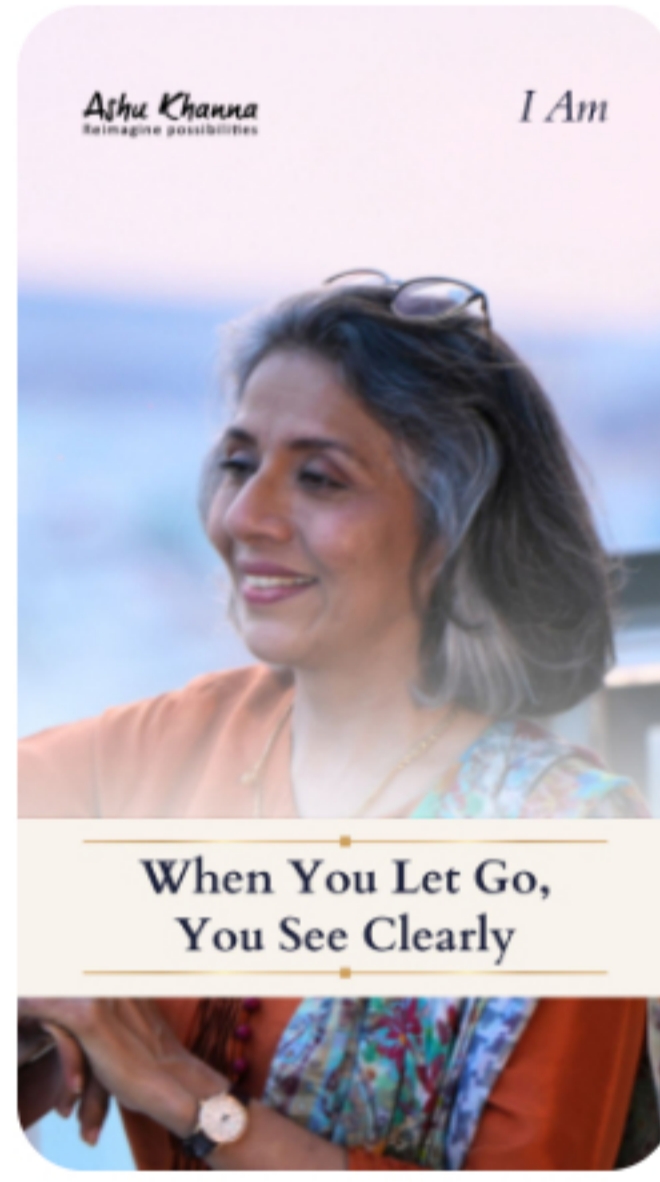
I believe authentic leadership begins when we stop suppressing emotions, reconnect with our inner voice. When we trust the inner voice rather than relying only on external validation, we lead with greater conviction, integrity, clarity, and emotional awareness.

Leadership gains depth when self awareness gains depth. When we stop fearing our emotions and begin understanding them with honesty, we create space for wisdom to guide our decisions, relationships, and leadership.

[Read the full blog and notice one pattern of your mind today...](#)

## Insight Corner

[When You Let Go, You See Clearly](#)



Life always presents the guidance we need when we are ready to receive it. The journey toward wisdom and self understanding unfolds through awareness, openness, and a willingness to listen deeply.

True growth begins when we embrace these insights, trust our inner truth, and allow it to guide the way we live and lead.

[Watch the video and apply this in your next challenging situation.](#)

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## Reflection Frames



Trust What You Feel

[View Full Carousel](#)

Use this reflection when self doubt arises or comparison grows loud. Let it guide you back to self trust.

## A Glimpse into my Journey

[Book Spotlight: I Am Freedom - Live Life with Awareness](#)

**(Chapter 14: Build Resilience)**

We are born with a multitude of emotions – laughter, sorrow, grief, jealousy, anger, ambition, and, most importantly, a need for love and peace. When feelings of imperfection and inadequacy spiral into a desire to compete and survive, our emotions overwhelm us. While all emotions exist in us, we have the power to choose how to respond to life.

When our emotions are anchored with the authentic self, we can ride the waves of change gracefully. The more I focused on developing awareness of my emotions and thoughts, the more I was able to identify patterns and shed negative thoughts.

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



As you move through this week, may you trust your inner strength and honour your own pace.

May resilience guide you through challenges with steadiness and grace. May your leadership be shaped by awareness, compassion, and enduring purpose.

Warmly,

**Ashu Khanna**  
Reimagine possibilities



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