HAPPINESS CHRONICLES

Namaste,

Artificial intelligence has become an integral part of our everyday lives. With technology helping us work faster and think differently, the real question is: what do we bring to the table that technology cannot?

Our awareness, values, intuition, curiosity, and ability to find meaning continue to shape the way we lead. The future may belong to smarter technology, but meaningful leadership will always need a deeply aware human being at its centre.

🎙️ Podcast: The Happiness Hour

Episode 41 : AI and the Future of Leadership.

🎧 Listen Now

In this episode of The Happiness Hour, I am in conversation with Srikanth Velamakanni, Co-Founder and CEO of Fractal, Chairperson of NASSCOM, and founder trustee of Plaksha University, to explore the evolving nature of leadership, entrepreneurship, technology, and happiness.

Drawing from his journey of building Fractal, learning through failure, and embracing continuous self-awareness, Srikanth shares how leaders can stay grounded while navigating rapid change and uncertainty.

We reflected on:

- Self-awareness as the foundation of leadership: Understanding our thoughts, emotions, patterns, and how they influence our decisions and relationships.
- Learning through feedback and failure: Why processing feedback with humility and using failure as a source of learning can help leaders continually grow.
- Happiness through pleasure, meaning, and strength: How bringing enjoyment, purpose, and personal strengths into our daily lives can create deeper and more sustainable happiness.
- Leading through change with courage and imagination: Why leaders must move beyond fear, and embrace curiosity to develop the ability to reimagine themselves and their organisations in the changing world.

This conversation is a reminder that great leadership is not about having all the answers. It is about staying self-aware, remaining open to learning, embracing change, and having the courage to think beyond what is familiar.

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

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🌿 The Inner View

The Cost of Performing Leadership.

Have you ever wondered who you are beneath the roles, titles, and expectations you carry? Authentic leadership begins when we look beyond the persona we have created and develop a deeper understanding of our fears, patterns, values, and inner motivations.

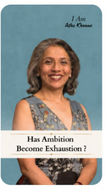
When we stop performing strength and start leading from self-awareness, our leadership becomes more present, decisive, and connected. We do not lose the strengths we have built. We make them more authentic and meaningful.

The journey towards authentic leadership is not about becoming a new version of yourself. It is about closing the gap between who we appear to be and who we truly are, and having the courage to lead from that truth.

👉 Read the full blog and reflect on the version of yourself you may be performing today...

💡 Insight Corner

Has Ambition Become Exhaustion



Ambition gives us direction, but when we allow achievement to become the measure of our worth, the pursuit of success leaves little room for joy, connection, or fulfilment. A meaningful life is not limited to what we accomplish, it is a journey of experiences.

Take a moment to reflect: Is success simply an outcome, or has it become a proof of who I am?

👉 Watch the reel and use this reflection to reconnect with what truly matters to you.

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⭐ Echoes of Truth

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📖 A Glimpse into my Journey

Book Spotlight: I Am Freedom

(Chapter 4 : You Have Freedom of Thought)

We can control our thoughts and choose what information to input and save. Like computers, we need to sort and delete irrelevant files to generate space for thinking creatively. When our thoughts keep going in circles over past pain or fantasizing over the future, it becomes challenging to ideate or imagine. Also, the way a computer needs to be recharged and rebooted, we too need to go for a retreat to refresh ourselves from time to time.

📖 Explore the book and deepen your awareness, one reflection at a time

Buy now on amazon

I invite you to embrace the possibilities of technology while staying connected to your values and inner wisdom to navigate change with thoughtfulness and remain grounded as the world around you evolves.

Have a great week,

Warmly,

Ashu Khanna
Reimagine possibilities

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