

HAPPINESS CHRONICLES



Namaste,

When we observe the world with openness, with a childlike curiosity, we begin to notice how life is teaching and inspiring us.

When we turn that curiosity inward, we create space to listen to our inner self and understand what may be blocking the inner voice.

Curiosity helps us look beyond what we already know and discover what awareness may be revealing to us.

Open yourself to the magic that is waiting to unfold.

Podcast: The Happiness Hour

[Episode 4 : Why Life Feels Out Of Balance.](#)

 Listen Now



Revisiting a memorable conversation from The Happiness Hour with Gauri Devidayal, a restaurateur, entrepreneur, and podcaster, I explored the deeper connections among happiness, authenticity, purpose, and the choices that shape our lives.

We reflected on:

- Finding happiness beyond comparison: Creating your own definition of success rather than measuring your life against others.
- Choosing purpose over recognition: Finding fulfilment through meaningful work rather than external validation.
- Creating harmony in life: Learning to give attention to different priorities as life evolves, without chasing perfection.
- Living with ownership and self-awareness: Making conscious choices, taking responsibility for them, and trusting yourself through uncertainty.

This conversation is a reminder that happiness grows when we understand ourselves, make purposeful choices, and have the courage to live according to what truly matters to us.

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



The Inner View

[The Leadership Edge: How Self-Aware Leaders Create Impact](#)



What Distinguishes Impactful Leaders?

After decades of working with leaders, I have come to see that impactful leadership begins with self-awareness. When we understand our beliefs, emotional patterns, triggers, and the experiences that shape our responses, we gain greater clarity in how we lead.

There are many invisible patterns within us that influence our decisions, relationships, communication, and response to pressure. When we learn to recognise these patterns rather than be driven by them, we create awareness for wiser choices and authentic leadership.

Self-awareness also shapes the culture we create. A leader who leads from openness, accountability, and self-knowledge creates an environment where people feel safe to speak, question, learn, and grow. The inner world of a leader becomes visible in the culture of the organisation.

Authentic leadership begins with a simple question: What belief is operating behind my most significant leadership challenge right now? Are you operating from fear or trust? When we have the courage to look within, we develop the clarity and freedom to lead fearlessly.

 Read the full blog and notice one pattern of your mind today...

Insight Corner

[Curiosity is The Lens That Changes](#)



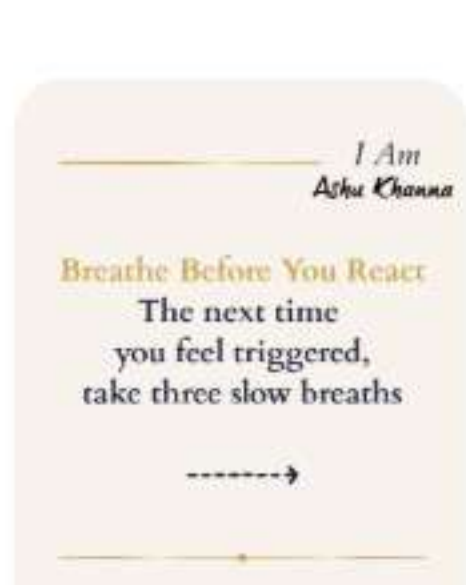
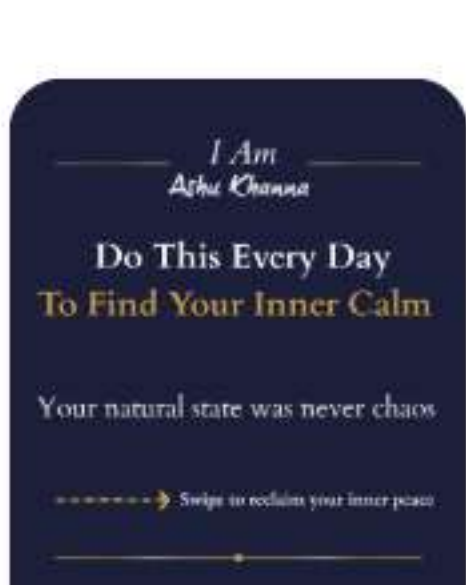
Curiosity invites us to look at life with fresh eyes. When we reconnect with it, we begin to observe the world more deeply, noticing what life is teaching, revealing, and inspiring us. At the same time, curiosity turns our attention inward, helping us listen to our inner self and recognise what may be obstructing that connection.

 Watch the video and take a moment today to ask: What is life showing me, and what is my inner truer to tell me?

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Reflection Frames



Trust What You Feel

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Do This Every Day To Find Your Inner Calm

A Glimpse into my Journey

[Book Spotlight: I Am Perfection](#)

(Chapter 7 : Authentic Leadership)

When we make conscious choices, we can feel empowered to manage the possible outcomes or consequences. Our mind feels less agitated and more capable of accessing its potential. Old patterns of thinking have a strong hold, and it requires significant effort to pause and reframe our language to develop new thought patterns.

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



As you move through this week, may you stay curious about the world around you and the voice within you.

May you remain open to learning, aware of what life is teaching you, and willing to listen to your inner wisdom.

May curiosity guide you towards greater clarity, growth, and authentic living.

Warmly,

Ashu Khanna
Founder - Arka Leadership Institute



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