

# Chasing Happiness?



***“You might never catch it.”***



# The Illusion of Happiness

Ever told yourself, 'I'll be happy when...'?

When I get the promotion...

When I lose weight...


When I make more money...



# The Trap of Conditional Happiness

The Problem?

The finish line keeps moving.


A person is running on a long, straight road that stretches towards a bright, glowing light on the horizon. The road is flanked by dark, hazy areas, and the light creates a strong lens flare effect. The person is in the center of the road, running away from the viewer towards the light. The overall atmosphere is one of pursuit and hope, but also a sense of being chased by something just out of reach.

Happiness feels close, but when you reach it, there's always another **'next thing.'**



# The Shift in Mindset

So, what if happiness isn't a destination...  
but a decision?

A person is walking away from the viewer on a dark, straight path that leads towards a large, bright, glowing sun or moon. The sun/moon is a large, bright, glowing orb with a warm orange and yellow hue, dominating the upper half of the image. The path is dark and reflective, with the person's shadow visible. The overall scene is set against a dark, starry sky, suggesting a vast, open landscape. The person is a small silhouette in the distance, emphasizing the journey.

Happiness is now, not later.

It's found in the present, not in future  
achievements.



A person stands in a desert landscape at night, silhouetted against a large, glowing, golden-yellow orb that resembles a full moon or a distant planet. The person's arms are crossed. The background is a dark blue night sky filled with numerous small, white stars. The foreground shows rolling sand dunes in shades of brown and orange. The overall mood is contemplative and hopeful.

# Actionable

## Flip the mindset

Instead of "I'll be happy when...", ask:

**What can I appreciate right now?**



**What's one thing  
you're appreciating  
today?**

*Comment below.*



@vallabhchitnis