

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.



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 path that leads towards a large, bright, glowing orb (sun or moon) on the horizon. The path is illuminated by the light of the orb, creating a strong sense of perspective and direction. The sky is dark with some light rays emanating from the orb.

Happiness is now, not later.

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

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.



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