

Happiness
is a
Journey,
not a
Destination



*This Book is
affectionately
dedicated
to my loving sister*



Late Pratibha S. Bhatewara

*She always strongly believed that,
"Happiness is a journey,
not a destination"*



After successful and wonderful experience of two E books in last two years namely, **“Meaning of 3 R’s Recognise, Remember and Reciprocate in Life – A compilation”** and **“Everything happens in Life - There is a reason- A compilation”**. This year, I have given the topic to all for expressing their views on, **Happiness is a journey, not a Destination.**

I dedicate this E book **Happiness is a journey, not a Destination– A compilation”** to my beloved younger sister late **Pratibha alias Meena Bhatewara**, who has fully subscribed this statement in her short duration on the earth.

The expression “Happiness is a journey” is all about thinking about happiness the right way – and finding ways to enjoy life.

There are a couple of different ways to interpret this expression and each of them will teach you something important about happiness. In this compilation you will find that each person has tried to pen down his/her views.

In fact, research in the field of positive psychology has shown that happiness is a choice that anyone can make. As psychologist William James quoted, *“The greatest discovery of any generation is that a human can alter his life by altering his attitude.”*

Happiness is a journey, not a destination will teach, inspire, and coach you to discover peace, joy and happiness in your everyday life. With the combination of stories and views of all contributors, each one will be



guided to discover who you really are, forgive your past mistakes, reconnect with your close ones.

I express my heartfelt gratitude to all the contributors for responding to my request for writing on **Happiness is a journey, not a Destination.**

Last but not the least, I wish to express my heartfelt thanks to Adv. Sanket S. Bora and Ms. Ruchi Bhansali for their valuable contribution for creating this compilation in a very creative manner.

Love and regards,

CA. Suhas P. Bora

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CA Suhas P. Bora

When I was 12 years old, we were living in a small house of 2 rooms and while discussing with my grandmother, I said that when I become big, I will construct the house which will have minimum 10 luxurious bathrooms. My grandmother was a visionary, she laughed at me and said surely you will build the same, however always remember the story which I am narrating you and she told the story which relates to story similar to the story posted by Ajay Matharu which I came across 2 years before.

One day, the King was walking with his Minister one day came upon a farmer who was singing happily while he worked, he was beaming with joy. The farmer was having family and son who were also having so much affection and love for each other. This fascinated the King; Why was he, the Supreme Ruler of the Land, unhappy and gloomy, when he has everything is having with him which one could dream for and however this farmer is happier than me and had so much joy?

The King asked the Farmer, 'Why are you so happy?'

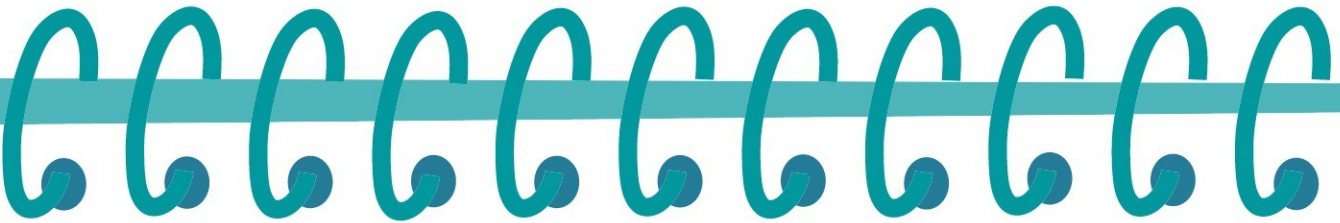
The Farmer replied, 'Your Majesty, I am nothing but a small farmer, but my family and I don't need too much — just a roof over our heads and warm food to fill our tummies.'

The king sought the advice of his most trusted Minister. the Minister said, 'Your Majesty, the farmer has not yet joined "The 99 Club".'

'The 99 Club? And what is that?' the King enquired.

The Minister replied, 'To truly know what the 99 Club is, just place 99 Gold coins in a bag and King gave him bag of 99 gold coins and Minister leave it this bag at farmer's doorstep.' And said I will give answer after 6 months.



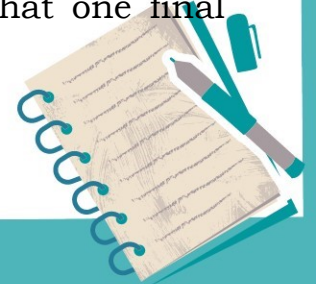


In the morning when the farmer got up, he saw the bag at his door step and he picked the bag, he let out a great shout of joy... so many gold coins. He began to count them. After several counts, he was at last convinced that there were only 99 coins. He wondered, 'What could've happened to that last gold coin? Surely, no one would leave 99 coins!'. Then he called his wife and asked her to count, she also confirmed that there are 99 coins. Then he asked his son to count, he also confirmed that there are 99 gold coins. He looked everywhere, but that final coin was elusive. Finally, he decided that he was going to work harder than ever to earn that 100th gold coin.

From that day, the Farmer was a changed man. He was overworked, grumpy, and blamed his family for not helping him make that 100th gold coin. The wife started thinking that my husband was such a nut, we have 99 gold coins and this guy does not spend anything so she took 2 gold coins and did the shopping. Every day farmer used to come in the evening and used to count and that day he was shocked, when he saw the coins are only 97, first it was one short of 100, now it is three, so he shouted where are the two coins gone? Wife replied I am not a nut like you, so I went and spent the two gold coins. The farmer was very annoyed and said I am working hard for adding one gold coin to make it 100 and you spent it easily. In next two three days the son also spent two gold coins and the farmer was very disturbed and unhappy. And he had stopped singing while he worked. Like these six months passed. The king and the Minister came to see the position of family of farmer and they found that now there was no happiness, The buzz had gone, the life had gone, the song had gone, the love had gone, only arguments, fights, bickering. In running behind the one coin in trying to reach 100, farmer forgot to utilize the 99 gold coins which he had in his possession?

Witnessing this drastic transformation, the King was puzzled. The minister said, 'Your Majesty, the Farmer has now officially joined The 99 Club.' King asked, I have given you 99 Gold Coins, what is this 99 Club?

Minister replied, 'The 99 Club is a name given to those people who have enough to be happy but are never content, because they're always wanting that extra 1, saying to themselves: "Let me get that one final thing and then I will be happy for life."'



We can be happy with very little in our lives, but the minute we're given something bigger and better, we want more ...and even more!

We lose our sleep, our happiness, as the price for our growing needs and desires.

That's "The 99 Club"... Zero Membership fee to enter, but you pay for it with your entire life !!!

From the story I have learnt one thing in my life that day and I thoroughly believe in it - don't wait for the destination, start finding happiness while you are on the journey. Do not postpone your happiness to then. Thinking that I will go to 10th, then 12th, then will graduate, then for Master degree and then CA, then successful CA and will earn lots of money then will have big bungalow of having luxurious bath rooms etc.

Today I may have the greatest challenges that does not mean I should postpone my satisfaction. When I got 43.15% marks in 10th and my dream of becoming Doctor washed out or when I have to decide to continue CA or job at Telco in the year 1981, or facing initial challenges in profession, challenges of upbringing the kids, marriage of daughter Neha, challenges due to injuries and the mishaps, even today after having impact of Covid, challenge of retaining huge office, I was in the middle of the greatest chaos however I always remember the story of 99 club narrated by my mentor i.e. my grandmother that having these challenges in life does not mean I should postpone my satisfaction and Happiness at every stage of life.

Zindagi Ki Har Subah Kuch Sharte Le Kar Aati Hai,

Zindagi Ki Har Shaam Kuch Tajurbe De Kar Jati Hai.

ज़िन्दगी की हर सुबह कुछ शर्ते ले कर आती है,

ज़िन्दगी की हर शाम कुछ तजुर्बे दे कर जाती है।

I am always in gratitude towards my Grand Mother for giving the life lesson at early stage of my Life and therefore at a point of every challenge including the challenge of my career, I faced them happily as I understood the true meaning of the proverb
"Happiness is journey and not destination".





Adv. Neeta S. Bora

For me happiness is all about small things. I find happiness in simplest things of life such as, I feel extremely happy and peaceful when I spend time around the plants and the nature. Even five minutes around plants and trees give me immense happiness. Witnessing the journey of seed transforming into a tree gives me unmeasurable happiness. Definitely, happiness is journey and not destination. I don't become happy only

at that point when seed grows into tree, rather I enjoy the entire process of transformation of seed to tree.

My sister, Late Meena (alias Pratibha Bhatewara), to whom this e-book is dedicated, firmly believed that “**Happiness is journey, not a Destination**”. Our father worked in defense and so we grew up in the environment where we had very limited access to the city. I still remember, as children, we found happiness in every small thing such as having dosa, getting new things from markets, playing cycle etc. Meena faced many difficulties in life but still always had positive attitude. In every venture, she always had a positive mindset. When she started “Lotus Events”, an event management company, the company soon came up with flying colors. She literally treated it like her own baby. For every event managed by the company, she was always excited. She worked right from the scratch to end with the staff members of the company and she enjoyed the entire process of the event management carried on by her company. One of her most awaited dreams was her son's marriage. When her son, Adi's marriage was in process of being fixed, she was happy beyond measures. She was very excited for the marriage. She literally was planned each and every small details of the wedding ceremony way before the it was even fixed. She planned the entire wedding herself and shared the blueprint of the same. Unfortunately, in her absence, on 17th May, we had to fix the Adi's marriage to fulfill her last



wish as she passed away on 11th May, but she left us doing the things she found happiness in.

Two lessons that she taught us in her short span of life are that-

- *We cannot decide destination for happiness, instead we should enjoy every moment of life.*
- *Happiness is in today and we should stop finding it in tomorrow.*

For me, happiness has no destination. Many a times when people are in problem, they pray to God to give them strength to bear the trouble, sorrow etc., but in such situations, I pray to God for happiness.

I strongly believe that we get what we think. I always wished for happiness and destiny always gave me the same in return. Even in the circumstance, where people who are not our well-wishers, wish that we should not get certain things, I believe, this also indirectly helps us to get what we want as those group of people are thinking about us and that thing at same time.

I believe that, once we achieve something that give us happiness, the happiness doesn't end there. Our goals, dream, desires keep on changing and so is the happiness linked to it. When I was child, I used to think about college, then after entering into college, I used to think about time after my education, then after completing education, I looked forward for married life, after marriage I looked forward for having children, then after giving birth to two wonderful kids, I looked forward towards their journey of growth and so on.....but I never waited for next chapter of my life to be happy. I enjoyed every phase of my life, may it be my school days, my college days, my married life, motherhood etc. and at the same time was eager for the next phase of life.

Many people around me think that I have it all in my life and I am at the peak of the happiness, but I don't think that way. I always find happiness in simplest things. Here are few of many, best moments and happiest days of my life;



- The day I become lawyer, can never be forgotten as it brought happiness to me and my family;
- When I see my children doing well in life, I feel so proud and it gives me immense happiness.
- When my better half brings new toys for our grand-children, the smile and happiness on the face of children gives me happiness.
- Looking at flower blossom, gives me happiness
- I enjoy the feelings of being a grandmother especially when Ryaan, Adveek and Arvee express their love towards me.
- Making others happy make me happier.
- Currently, I am thoroughly enjoying my weight loss journey.
- The day when my better half will complete his PhD, no doubt will bring me happiness but I am also enjoying his journey towards completing the same.

I feel, happiness is not a destination instead it's a continuous journey and my destination will arrive only on the day when my eyes will be closed permanently.

"Life doesn't require that we be the best, only that we try our best"





*Mr. Sandeep A.
Bhatewara*

Most of the people I believe don't know the meaning of happiness. The way a person live life proves that he doesn't know happiness. Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment and fulfilment. While happiness has many different definitions, it is often described as involving positive emotions and life satisfaction.

Here I can say we lack in life satisfaction. Here I can say we lack in life satisfaction. Lots of expectations we keep from our closest people. Expectations will always lead to sorrow. A person needs to decide whether he wants to live a default life or a designed life. Life is very unpredictable, I have experienced this, by losing my wife Pratibha. No one will understand the sadness, the loneliness when your life partner is not there with you. So, while travelling to your destination it's very important to be happy in life.

I heard to Shri Gopal Gaur Das recently. I was so touched by his one sentence. We always say JINDAGI NA MILE DOBARA or we say JINDAGI EK BAR HI MILTI HAIN.

But Shri Das Said JINDAGI TOH ROZ MILTI HAIN PAR MRUTYU EK HI BAR MILTA HAIN. Why not enjoy and be happy while travelling to our destination. Every morning is one new jindagi for us. Husband and wife should have really good bonding with each other. They should not carry bad things or memories on back. You start valuing the person when he or she is gone. Instead value the person today. The person can be your spouse, family member, friend or anyone.



Life is full of up downs, doesn't matter, you just need to travel happily. We always see an ECG chart it is also in up down formation. Once it shows straight your life is ended. So never expect a straight life. It should be with ups and down. While travelling to your destination you will learn a lot. Covid taught us so many things. It taught how to live life. We came to know the value of life. Happiness is that feeling that comes over you when you know life is good and you can't help but smile.

“There's no better way to wake up in the morning than with a smile on your face. While a good night's sleep and sweet dreams aren't always the case, the one thing you can always count on is creating your own happiness.”





*Adv. Makarand D
Adkar*

Thanks to Suhas Ji as the topic required somewhat deep introspection into the various stages of my own journey of life, which includes professional pursuit among other facets of life like being a son, being a father, and being a student, etc.

In ordinary day-to-day routine and speaking for myself I hardly introspect and I may be putting forth an excuse of paucity of time (somehow I find time for

reading the newspaper, doing exercise and you know watching Television as well). I am aware that an excuse of paucity of time is bluffing myself.

Frankly speaking a bare glance at the apparent content of the subject, I felt that the view expressed in the above-mentioned subject is correct.

But as mentioned above when I was attempting to introspect through various stages of my own life then I realized that the content of the above subject cannot be restricted in any straight Jacket formula and as such cannot be generalized.

The content of the above subject has a somewhat idealistic colour and in my experience ideals or idealistic thought processes are subjective in nature.

I happened to meet a mountaineer who climbed Everest seven times in different seasons and now the task of mountaineering has become irrelevant for him, whereas at present he is into the pursuit of excellence in swimming and he puts in 6 to 8 hours a day into swimming exercise. For now, his target is to swim across the English channel.

I wonder and rather I believe that one day he will achieve swimming English channel and thereafter I may find him in a boxing ring challenging the then a heavyweight champion. My life and my achievements are much smaller as I am far away from the Everest of my own pursuit.



Somehow, I have decided to be candid and not to spare myself if I figure out some blunder on my part.

As I am of somewhat advanced age in life (no guesses Please) and due to years of experience I may be in a position to talk about do's and don'ts virtually on any subject because we all are aware that the job of being an advisor is easiest one.

But somehow, I am in a different mood today and I am going to speak out my mind and such exercise of speaking out may turn out to be an advice.

As mentioned above I am myself away from Everest on my own pursuit but then looking back, I do not come across any stage of my life where I wasted time or was sitting idle or indulging in pleasure.

Then, what is the secrete or the reason for my being away or far away from an Everest of my own pursuit?

In my view and as per my experience there are very few who determine a particular target/goal/achievement as their final destination, at early stage of life.

It's my view that there is nothing like a final destination and there are quite a few cases where destinations/goals for life keep on changing (as in the case of a mountaineer mentioned above).

I believe there are quite a few souls who attempt more than one destinations at a time and I am not an exception and I clearly recall that I perused more than one destination at the same time.

I must mention here that for very many people perusing more than one destination at a time, there are varied reasons and no two cases can be similar or even comparable.

It is not the case that I did not want to pursue the top level in my own pursuit but somehow midway I got attracted to other pursuits which I felt where more attractive or lucrative or for any other reason.

I will come back to my confession later on but for now, I am going forward. Let us have a look at the key words in the subject namely "Happiness", "Journey" and "destination".



I don't have to exert much to comment on the term "Happiness" but I may like to differentiate this term from the concept of "pleasure". The distinction may be that "Happiness" is a pleasant mental state which lasts longer time than pleasure which is a temporary/momentary state of mind due to the pleasure experienced by some sense organ, like a pleasure arising out of consuming delicious food. But if you are taking care of your old grandparents then you feel continuous peace of mind which is a facet of being happy.

"Journey" here means an effort, exertion of physical, mental, or emotional, Intellectual inputs, and all other processes in pursuit of one's goals of life i.e. destination.

The term destination here simply explained is a goal or target set by one for life or for a specific period of life.

In my view and as mentioned above very few people have one set destination and generally for the majority there is one destination/goal/which is prominent and there are other destinations that consume comparatively lesser time and energy.

As regards single-destination cases, we find very few blessed and divine personalities like Sh. Mahavir Swami, Gautam Budh, Swami Vivekananda, 1st Bajirao, Raja Shiv Chhatrapati etc.

Further, we have again few cases wherein there is one set destination for a defined and specific period of life for example Sachin Tendulkar, M.S. Dhoni, Boxer Mohammed Ali, Etc.

I mentioned two categories above and there may be other categories as well peculiar to certain personalities whereby certain blessed persons continue to perform their tasks unaffected by their age. Even though in such pursuits, people become irrelevant after a particular age these exceptional personalities continued their efforts like Amitabh Bachan, Sunil Gavaskar, Ravi Shastri (Continued as commentator) etc.

But now coming back to the category of the majority to which I belong and I am continuing to deal with the subject with reference to my own life experience as mentioned above.



experience and even though I would not like to pose myself as an advisor but I have some concrete points to indicate without much discussion.

- 1) As mentioned above the concept “destination” in the given subject is clear to us i.e. a goal of life, a target fixed in life for achievement etc.
- 2) Please note that there are very few cases wherein there is one destination, one goal one target of life but in the majority, we find lives having multiple destinations.
- 3) Let us not be shy of having multiple destinations and rather it means one has capacity to undertake more than one destination for example our dear Suhas Ji is undoubtedly a leading Chartered Accountant but is also concerned with the “Gaushala Project” and in that task as well Suhas Ji devotes time and energy.
- 4) Let us exercise one care that our prominent destination/pursuit should be prominent in terms of investing time and energy and as regards other destinations/target, define or allot specified time.
- 5) If we talk about our prominent destination than it is never case that you are forever in journey till the end of your life but you have to define interim destinations/stages with reference to time factor for example a promising Chartered Account like our daughter-in-law Prerna Tai, She may fix interim destinations/targets like:
 - a) In the first year of practice she may aim at having 100 files.
 - b) In next 4 years she may aim at completing 300 files and conducting 50 cases before Tribunal/commissions etc. (these estimates are on lower side as per my own capacity so, Prerna Tai should not mind.
- 6) Interim destinations/target are extremely significant and they keep on inspiring a candidate to move forward and such achievements make the journey in totality interesting, satisfying and inspiring (Everest cannot be climbed in one go).
- 7) Please note that in many cases a final destination gets evolved over a period of time as it is natural that very many promising people remain confused for initial few years. But its not a matter to worry however, in that case,



talk to experienced people, keep mind open for discussion, get the aptitude test done etc.

- 8) Take into account various variables like one's support system, intellectual ability, opportunities open etc. while fixing a final destination. But one suggestion is therefore sure that try to fix somewhat idealistic destination like an advocate should aim at reaching the professional height Mr. F.S. Nariman, Sr. Advocate etc.
- 9) Now a friendly advice/suggestion that :
- a) As regards your prominent destination goal to begin with mark dedicating a specified time period like 5 to 10 years during which your dedication for work should be like "Tapashcharya".
 - b) Have always people around you possess positive and constructive mind set.
 - c) One's family is of great significance as it is the basic support system which inspires, encourages and protects. One's when there are challenging times or even otherwise.

I can go on and on but I treat it as interim destination of penning down my somewhat unorganized thought process which may also confuse you but I believe that concrete conclusion.

With these words let me work on a case on hand as I am also in journey aiming at my own Everest.

"A simple life is a beautiful life. No regrets, just lessons. No worries, just acceptance. No expectations, just gratitude."





Adv. Abhay H. Bora

At the outset, let me appreciate the wisdom of our Mentor CA Suhas Bora Sir for the vision to have such an innovative and excellent thought process to compile a book on the topic “Happiness is a journey and not a destination” with the contribution of articles from associates and friends.

When I started to pen down my thoughts on the subject proper, only then I realized


the true intent of our Mentor. In my opinion, the sole objective and desire behind this exercise of this compilation is to focus the thought process of each contributor in the right direction towards understanding the meaning of happiness in life and motivate positive thinking amongst them. Hat's off to you Sir.

Initially, I had a deep introspective thought process on the subject matter, but frankly I was much confused in the debate between me and myself to realize the sum and substance of the subject matter and further confused what to write about it? Then I referred the social media where I found wonderful thought provoking you tube videos, books and article which could further throw light on the subject matter on the basis of which I would dedicate this article to my Mentor CA Suhas Bora Sir.

What is meaning to the conveyed in the phrase: “Happiness is a journey and not the destination”?

- a. The expression “**Happiness is a journey**” is all about thinking about happiness in the right way, with the right perspective and finding ways to enjoy all the steps in the journey without thinking of the destination.
- b. The expression “**Happiness is not the destination**” emphasizes that happiness cannot be ultimate goal to be achieved. There is no yard stick or unit of measurement which can justify the full and final conclusive achievement of happiness.





You cannot ascertain and say at any situation of life that, yes, this is the point I have achieved the final happiness and till the moment I do not trigger the desired point I am living an unhappy life. In short, happiness cannot be like the touch line of completion of the race or marathon or the destination point of the travel journey wherein you can specifically and conclusively quote that the final destination is achieved.

"I'll be happy when this year is over." "I'll be happy when the due date of audit/returns for this year is over." "I'll be happy when I'm out of debt." "I'll be happy when it's vacation time." "I'll be happy when I lose this weight/buy a new house." and so on

The quote, "Happiness is not a destination, but rather a way of life", sums up the definition of happiness perfectly. Some people spend lifetimes striving to be happy while others just simply work towards achieving it each day. Many will spend their days searching for happiness through the material world or relationships, but happiness can only be found within. To be genuinely happy you must learn to love yourself, be open, and have an appreciation for all things.

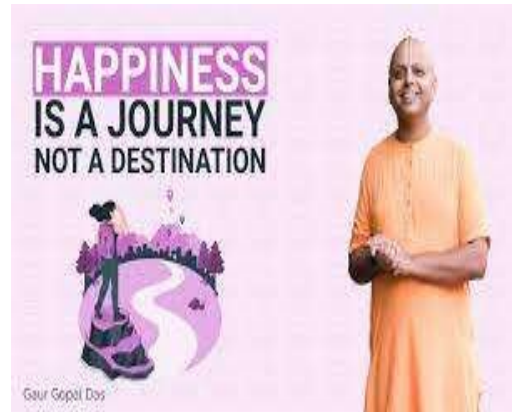
The real Happiness is to live the present moment at the fullest. Happiness is not the ultimate destination, rather it is the process of the journey towards achieving the desired goals in life. It is ongoing continuous process and the realisation of the feeling of fulfilment of small steps towards the achievement of desired results.

In the momentum to achieve the destination we forget to enjoy the present sweet moments of the journey. You often miss the beauty of nature on our walk because we are so focused on losing weight. There's nothing wrong with setting goals for oneself, but if we expect that achieving a certain goal will finally bring us happiness, we will not be able to enjoy the path or journey and further there are possibilities of disappointment if goals are not achieved as desired by us.

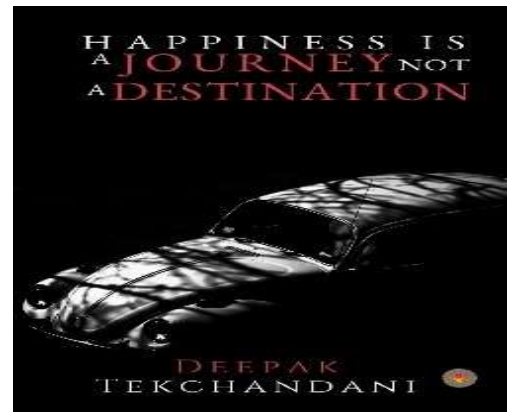
Therefore, it is important to understand that the goals are wonderful to have and achieve, but happiness shouldn't be one of them. "Happiness is not having what you want. It is appreciating what you have."



Further, I would like to recommend every person to spare your time of 5 min and 30 seconds to watch the you tube video of the master motivational speaker Gaur Gopal Das on the topic “Happiness Is A Journey, Not A Destination” which can bring transformation in your thinking and will make you realise the importance of being contented with what you have is the real happiness in life.



During the research on the social media I have also come across an interesting book on the topic “**Happiness Is A Journey, Not A Destination**” by Deepak Tekchandani, who is a pilot by profession and a well famous happiness mentor. In this book he has focused on; Stop regretting the past! Stop worrying about what tomorrow will bring! Just be happy today in the NOW!



To conclude with, let me share quotes on happiness by some of the learned saints, authors and legendary personalities which are truly inspirational and meaningful:

- *“There is no path to happiness; happiness is the path.” ~ Lord Buddha*
- *“Happiness is when what you think, what you say, and what you do are in harmony” ~ Mahatma Gandhi*
- *“People are just as happy as they make up their minds to be.” ~ Abraham Lincoln*
- *“Happiness consists of living each day as if it were the last day of your vacation.” ~ Leo Tolstoy*



- *"Happiness consists more in small conveniences or pleasures that occur every day, than in great pieces of good fortune that happen but seldom to a man in the course of his life." ~ Benjamin Franklin*
- *"Happiness consists more in small conveniences or pleasures that occur every day, than in great pieces of good fortune that happen but seldom to a man in the course of his life." ~ Benjamin Franklin*
- *"Love, happiness, peace - these are not final destinations. They are in every moment, every breath, everything." ~ Vironika Tugaleva*
- *Happiness is not a destination. It cannot be bought, sold or traded. Happiness is the gift of the journey. ~ Author: Lisa Cypers Kamen*
- *Happiness is a mindset for your journey, not the result of your destination. ~ Shawn Achor*
- *"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude." ~ Denis Waitley*
- *"Happiness is not a station you arrive at, but a manner of traveling." ~ Margaret Lee Runbeck*

"I would like to conclude wishing you happiness in the journey of life filled with satisfaction and peace of mind without any worries of the destination"

Tons of Thanks to our Mentor Suhas Bora Sir, for the opportunity extended to me. I express my heartfelt gratitude for the same and wish you grand success for the endeavour.





CA Manoj R. Jain

We are living in tough times. Our lives are defined by deadlines, target and stress of course. Not many of us can just sit and enjoy the moment. We are always in a hurry to do something or the other, to make plans for the future, planning out course of action etc. But if we want to embrace happiness, we have to live in the present, live in the moment. Worrying about future will not make our today beautiful. But living in the present will give us peace. Many

times, we forget how to feel. Allowing ourselves to feel is what makes us human. Many of our actions might not lead to positive results always. But there is no need to be harsh towards self.

Happiness isn't about a specific destination. It's about the **journey** and our state of mind. More often than not, we find happiness where we least expect it.

Happiness is a phase, a journey. A satisfaction that our journey was colorful enough to let us die peacefully, whereas destination is death.

Even if we initially consider happiness as a favourite destination. Imagine ourself that we are in a journey to our favourite and dream place. How that journey will be?.....Think.....

Let me guess.....we will pack our bags, set everything up, get ready and will be dreaming of reaching there. Even if we come back home after the trip, we will be thinking about the time spent there, scrolling the pictures. Right?

It's the same in the case of happiness. It's a destination, but the happiness will always be there from the beginning of the journey itself.

I also agree with Mritunjay's thought that ***happiness is not a journey nor a destination.***

It is our state of ***mind to decide.*** We can choose to be in a happy mode in a ***heartbeat*** if we want.



Once we choose a path that leads us to our destination, the happiness of the journey depends upon us.

Once we set a destination, we should always update the same because once we reach our destination, the growth stops there. In short *don't Stop*

I would like to share my journey towards happiness from the day I became Chartered Accountant with a destination to become Being Human Chartered Accountant. Today, I am still on the way towards my destination, but my journey till date has been amazing. Here are few unforgettable happiest moments of my journey till date:-

- The day when dream of parents came true i.e the day when I became Chartered Accountant. It gave me immense happiness as my parents were proud of me.
- After becoming CA, my employment period of 3 months in Bora Kasat & co. was wonderful journey.
- The journey of becoming Partner in SPCM & Associates (Bora Kasat & Co.)
- My beautiful married life with Rashmi Jain.
- Watching my two wonderful kids, Diya and Nivesh, growing up is great journey of happiness and will always be the same.
- More and more responsibility as partner and many ups and down in journey of Practice also gives me sense of happiness in terms that I am gaining lot of experience.
- My destination towards becoming Being Human Chartered Accountants also gave me immense happiness even in things such as:-
 - Learning may new things which involves lot of application of mind and courage such as appearance before Income tax authorities, ITAT court, handling many search matters etc.
 - 24*7 Support of Suhas sir.
 - Work appreciation by my guru, CA Suhas P. Bora Sir.
 - Client satisfaction
 - Cordial relation with Income tax officers



- A mixed i.e friendly as well as strict, relation with my articles and associates.

At the end I would like to conclude by saying that the excitement to chase destination leads us to a enjoy our journey such as:

- When we find yourself enjoying our work, we are happy everyday.
- When we enjoy our married life, you are happy everyday.
- When we see our children growing up, we are happy everyday.
- When we find our children achieving success, we are happy everyday.
- When we have grandchildren, they will make us happy everyday and so on.....

To conclude, I would like to say that, yes, **Happiness is definitely a journey and not a destination.**

“From what we get, we can make a living; what we give, however, makes a life.”





CA Chetan R. Parakh

What is a Happiness? There is no one way in which the term 'Happiness' can be defined. One may conclude saying that it is nothing but a state of mind, that gives inner pleasure, feeling and satisfaction of any act done by oneself for his own or for others. But most of the people are always in search of happiness. Although they are surrounded by such happiness, they can't realise the same due to various reasons like more expectations, greediness, unsatisfied state of mind, comparison

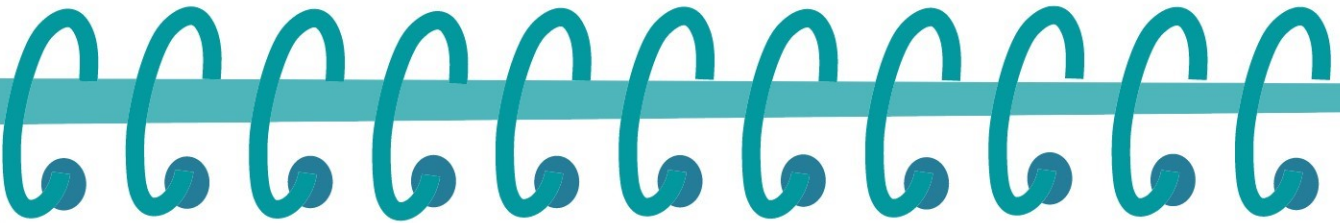
with others and so on. We always think that a real life, full of happiness is yet to begin and we wait for the said moments to come for year and years, however it never comes, since every 'Tomorrow, today will be yesterday, and tomorrow will be today'. By the nature of time when tomorrow will shift to become today, we elucidate the notion that we are powerless in the face of the future, as the future will become the present moment naturally. Therefore, there is no end of expectations and search of happiness.

Every day and every time, when we start to find happiness, there are always some obstacles in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid and so on. Of late, we come to know that these obstacles were my life. Therefore, we need to change our perspective, to see that there is no way to happiness. Happiness is the way. So, treasure every moment you have and remember that time waits for no one.

Happiness is to be found along the way and not at the end of the road, for then the journey is over and it's too late. The time for happiness is today not tomorrow.

The trouble is, we think that we have enough time in life, which is a wrong fiction. Every morning we are born again. What we do today is what matters most. Therefore, it would be better to shut off such thinking of let go and enjoy every moment, may it be full of joys and sorrows. There will be up and down in the





journey of life, there will be obstacles in the path but at the end, all those little ups and downs are what keep the journey interesting and keep us growing into our best selves.

There is no one hard and fast definition for the term happiness. Happiness differs from person to person; different people have different perceptions and conceptions of being happy. Whatever that may be, Happiness is an essential feature of human life. Without it, life holds no meaning at all. It is not possible at all for a person to live their lives devoid of joy and Happiness. Whatever may be the definition of Happiness, there is no denying that Happiness is an integral part of our lives. Without it, there is no point in living or going about in life.

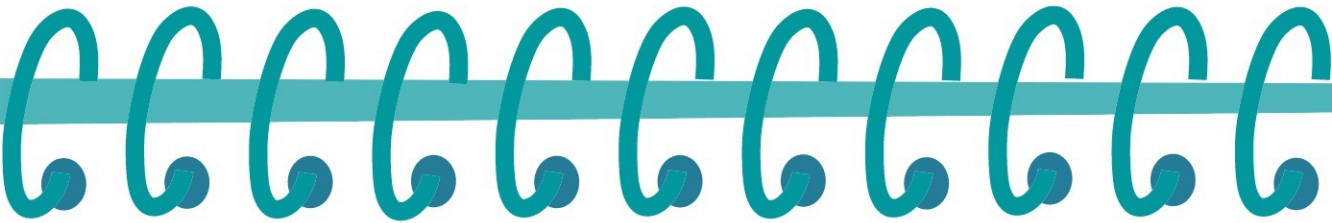
There are no hard and fast parameters to measure happiness. Different people use their own parameters to judge the same. For a specific section of society, Happiness is defined by wealth. These people tend to consider wealth as the measuring rod for their joys in life. For them, Happiness in life comes from material possession and well-being.

For another section of society, wealth does not act as the agent for Happiness in their lives. Many consider Happiness to be a peaceful and calm sense of joy that occurs within one's mind. For them, it cannot be measured in terms of worldly things. Happiness tends to become a feeling, that can be grasped through the satisfaction of the mind and soul, and not through the pleasure of the body.

Happiness, for some, can also imply success. Being ambitious, hardworking, and successful often become ways in which a person obtains Happiness in life.

Whatever be our modes and methods of becoming happy, it tends to keep changing over the period of time due to various factors like change in our priorities and our goals. Thus, the state of being happy largely depends upon what a particular person wants from life. It depends upon a person's desires and goals in life. Above all and in most cases, indulging in the things that one loves the most becomes





the key to a happy life. Hence, love and Happiness are directly linked. Without love, Happiness does not persist. Likewise, without Happiness, love does not persist.

As mentioned, a variety of things make a variety of people happy. There is no right or wrong way to obtain Happiness. Different people have different methods by which they can derive Happiness. All of them are valid; none of them are false or incorrect.

It is indeed a fact of life that one cannot achieve complete and untainted happiness. Someone can't dwell in a state of utmost bliss and Happiness. All of us have our fair share of miseries and regrets in life. But there also occurs moments of indefinite and immeasurable joys. We should all cling to those moments of joy and cherish them wholeheartedly to have a happy life in the grand scheme of things.

Happiness is directly linked with love and positivity. It is immensely important for a person to lead a happy life. Some legend has rightly said that "Nothing is good or bad, but thinking makes it so."

Everything appears to be pleasant to a happy mind and unpleasant to a diseased mind. Therefore, always **BE HAPPY** and don't postpone the enjoyment of every moment, may it be small, silly and not perpetual, but the feeling of Happiness at every moment and at all spheres of life is utmost important.

Therefore, always keep in mind that HAPPINESS IS A JOURNEY AND NOT A DISTINATION. Don't search for happiness, it is your shadow only... you realise it, feel it and enjoy it.





Adv. Sanket S. Bora

At the outset, the topic seemed so simple at first, but when I put a thought to it, I realized that the subject requires deep introspection and application.

At first, when I tried penning it down, all the thoughts I had were so simple that penning them down seemed a meek attempt; accordingly, I did what everyone else does, Googled it!

To my surprise, I found so many blogs and videos on the subject topic that I was satisfied that I had enough material to write a book over it, yet that would be sheer plagiarism. Since Suhas Sir had urged for a genuine attempt, I am writing down my uninfluenced and original thoughts.

'Happiness is a journey, not a destination!' is a self-explanatory sentence. However, I reckon that this sentence is a principle in life that one should remind themselves of happiness or sadness alike on every occasion! I went back in memory lane to connect to this principle and remembered my childhood.

As I remember, my childhood was the best childhood a child could have! I feel so because my parents never even gave me my targets, but irrespective of the results, they made me feel happy because of my efforts. They embedded this principle in me due to their approach to life!

When one positions his Happiness only to a destination, which I interpret as a target or goal, I reckon he forgets to be happy while achieving that goal. I admit I had almost accepted happiness as a destination until Suhas Sir shared this topic. I got the opportunity to introspect myself. I keep getting anxious about not having the knowledge or competency in certain areas of practice or profession, whereby in concentrating on the cons, I forget to realise my pros; likewise, I reckon one gets so attached to the idea that one could be happy only if a specific goal is achieved, he'd be happy; however, forgets that in that journey achieving that goal, he had numerous occasions



to be happy, yet his tunnelled idea of deriving happiness only from attaining the set goal deprives him of the happiness otherwise.

Even though I thought the principle is self-explanatory, yet it is not since happiness is subjective and can be derived only if you associate a sure thing, event, or person with it. Accordingly, I feel that one needs to explore the idea of apropos happiness before applying the said principle. Again the same is easier said than done! I believe that the concept of happiness is something that cannot be explained by someone else; it has to be understood by one through introspection. Once a person is self-aware, I believe that applying the principle of 'Happiness is a journey, not a destination!' is much easier!

Also, I feel that this principle is natural; it is we who forget it or change it! To corroborate this, Adveek, my three-year-old son, is happy since he has not associated happiness with money, success, fame, etc. instead, he has associated it with simple things such as having food with seldom home Pappa, picking up sticks, twigs, stones in a garden, hearing his favourite songs being played and sung by all in the car, etc. etc. I take inspiration from Adveek to be happy more often, and in the past few days, I've noticed a change in myself!

"From what we get, we can make a living; what we give, however, makes a life."





CA Prerna S. Bora

In life, we always keep convincing ourselves that **life** will be better after we achieve a certain thing, person, point in our life.

For example: Life will be better after we get married, have a baby, or another one.

Then we are disappointed that the kids aren't old enough and we'll be more content when they are.

After that, we're discontent that we have teenagers to deal with.

We will certainly be happy when they are out of that stage.

We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a better car, are able to go on a nice vacation, when we retire.

The truth is, there's no better **time to be happy than right now.**

If not now, when?

Your life will always be filled with challenges.

It's best to admit this to yourself and decide to be happy anyway.

One of my quotes comes from Alfred D Souza. He said,

"For a long time it had seemed to me that life was about to begin – real life.

But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, or a debt to be paid. Then life would begin. At last, it dawned on me that these obstacles were my "life".

This perspective has helped me to see that there is no way to happiness.



Happiness is the way. So, treasure every moment that you have and treasure it more because you shared it with someone special, special enough to spend your time...and remember that time waits for no one.

So, stop waiting until you finish school,
Until you go back to school,
Until you lose ten pounds,
Until you gain ten pounds,
Until you have kids,
Until your kids leave the house,
Until you start work,
Until you retire,
Until you get married,
Until you get divorced,
Until Friday night, until Sunday morning,
Until you get a new car or home,
Until your car or home is paid off,
Until spring,
Until summer,
Until fall,
Until winter,
Until you are off welfare,
Until the first or fifteenth,
Until your song comes on,
Until you die,
Until you are born again to decide that there is no better time than right now to be happy.





*Mrs. Neha S.
Surpuriya*

Happiness is a feeling that cannot be defined by a particular object so it can be said that Happiness is a journey towards the destination of getting what we eagerly want. Everyone has different reasons of getting happy. It's a feeling to be found in everyday life, from small things.

It is a continuous process. Everyday you can find happiness in small small things around. Sometimes happiness in lives of our near and dear one's also brings happiness to us.

There are many big and small happy moments in my life. I feel blessed to have these moments to look back on during the dark days. One thing is for sure, the meaning of happiness keeps changing in life from time to time. During my childhood even a new pencil or eraser would give immense happiness. Then in 9th standard when my parents gave permission to go for school trip to Kerala, Kanyakumari & Lakshadweep, that gave me happiness. My parents fulfilled my many dreams such as buying a red colour sunroof car, taking me for Europe trip before my wedding, getting married me in a historic way like a princess etc. My parents taught me to see dreams and get them fulfilled. I have seen many dreams, from which a dream of having a family of 4, with a daughter & son got fulfilled, those two days gave me immense happiness. Currently, I am working on my next dream of achieving success in my career and still on the way writing down my materialistic & non materialistic dream list.

And now in this stage of life, seeing happiness on parents & family's face I find happiness. We can never stop at after getting happiness from a particular thing, it's in human nature I suppose.

As this book is dedicated to my beloved Meena Masi, who was an epitome of happiness. I think it's a perfect subject on her life. Till her last breath she spread happiness to everyone one and even today we remember happy moments with her. In all her phases of life, she found happiness daily. She never waited to get happiness. She used to spread happiness & in return she always got happiness.



CA Manju P. Mishra

I read somewhere that what differentiates humans from animals is our pursuit of happiness. Directly or indirectly it is the ultimate objective of every human being. We all want to be happy all the time and not just one time so it's a perennial pursuit.

Many a times we feel that if I get this in life or that in life I will be very happy and we get busy in reaching the goal but most of the time when we get that

objective, we don't feel as much happy as we had expected. It's because happiness lies in the journey & not in the destination. We all Chartered Accountants during our student days had felt that once we become CA we will be on top of the world or we will be the most happy person on this earth but to our surprise the day we become CA we find that we don't experience the extraordinary happiness we had thought of, rather we cherish our student days, that daily hustle, CA classes, Studies, articleship and managing so much in so little time.

If we think, small things in life gives us more happiness than achieving a goal. Getting an unexpected call from an old friend or suddenly meeting an old colleague in the market or visit by a relative after a long time has given us greater pleasure than achieving an important milestone in life. Thinking of this past journey seems so satisfying because happiness is an ongoing experience. Happiness is all about how we do all the daily chores in life, how we interact with others, or how we live our daily life.

One can say that single most important pursuit of any living being especially humans is to experience happiness and that too on ongoing basis, it's same like life which is ongoing. Life itself is an ongoing journey and not the destination, same is for happiness.



So, if we observe our life and past events we can see that we enjoyed the journey, our daily hard work, interacting with colleagues, friends, helping others, getting helped by others and all similar pursuits. All these are not just one event but these are daily life events which keeps unfolding and we keep deriving our emotions & feelings from them on daily basis. Happiness is nothing but the feeling coming out of these daily life events.

They say that everything in life is outcome of our daily habits and happiness is no different. We have to keep practising to be happy in life.

“Our lives are stories in which we write, direct and star in the leading role. Some chapters are happy while others bring lessons to learn, but we always have the power to be the heroes of our own adventures.”





CA Rohan R. Nahar

Singularity or Plurality - How do you define YOUR Happiness?

“Happiness is a journey, not a destination; happiness is to be found along the way not at the end of the road, for then the journey is over and it’s too late. The time for happiness is today not tomorrow.” – Paul H. Dunn


We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that we are frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage. We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, are able to go on a nice vacation, when we retire. The truth is, there's no better time to be happy than right now. If not now, when? Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway.

We often talk about happiness as a goal - something to be attained, like a pot of gold at the end of the rainbow.

The problem with this approach is that we forget to enjoy the present moment. There's nothing wrong with setting goals for yourself, but if you think achieving a certain goal will finally bring you happiness, you may be in for a disappointment. One reason is that the predictions we make about how we'll feel in the future aren't very accurate.

Happiness is a journey, not a destination. For a long time, it has seemed to us that life was about to begin—real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be





served, a debt to be paid. At last, it dawned on me that these obstacles were my life. This perspective has helped me to see there is no way to happiness. Happiness is the way. So, treasure every moment you have and remember that time waits for no one.

It's not great to put all your happiness eggs in one basket. The way I look at it is that your happiness depends more on the frequency of happy events, and not the intensity.

In other words, it's better to have lots of little happy moments than one or two big ones. Not only this, but research has shown that happiness from individual events doesn't actually last that long. And it turns out that one of the best ways to prolong feelings of happiness following an event is to relive what it is that made you happy.

This perspective has helped me to see that there is no way to happiness. Happiness is the way. So, treasure every moment that you have. And treasure it more because you shared it with someone special, special enough to spend your time, and remember that time waits for no one. So stop waiting until you finish school, until you go back to school, until you lose ten pounds, until you gain ten pounds, until you have kids, until your kids leave the house, until you start work, until you retire, until you get married, until Saturday night, until Sunday morning, until you get a new car or home, until your car or home is paid off, until spring, until summer, until fall, until winter, until you are off welfare, until the first or the fifteenth, until your song comes on, until you've had a drink, until you've sobered up, until you die, until you are born again to decide that there is no better time than right now to be happy.

“Happiness is a journey, not a destination.”

Work like you don't need money,
Love like you've never been hurt,
And dance like no one's watching.

-Anonymous.





CA Neha L. Shah

When I was a kid, I enjoyed my childhood days to the fullest by playing and having fun with my friends. But, I used to think I will be happy once I complete my schooling and clear boards with Good percentage. Later on the next destination was to become a 'CA', and then a reputed degree would be prefixed to my name and I will be happy. When I reached there the next step was to get a lucrative job so I can earn good amount

of money and that would bring me happiness. To this materialistic destination something or the other keeps on adding and we keep chasing the same with few pauses in between. I always thought that, "I will be happiest person, if I achieve this.....", and the vicious circle un-ended list of desires to be achieved. There after I realized that I was running towards virtual destination of happiness by planning future goals but ignoring the present platter of happiness. **The truth is, there's no better time to be happy than right now.** If not now, then when? Life will always be filled with challenges and desires to be fulfilled, It's best to admit this to yourself and decide to be happy in any situation – favorable/unfavorable. I know, it's difficult to be happy in adverse situations but we can at least keep calm and let the situation not affect our peace.

According to me, happiness is a choice that one has to opt for. Every coin has two sides; for every problem there is 'Yes' & 'No' possibility; There are multiple ways to solve the problems. It's up to us what we choose. The result is dependent on the choice that is made and accordingly the entire situation changes.

Most of the times we tend to be saddened by comparing ourselves with others and getting jealous/envious and not being grateful of things owned by us. Comparing is not wrong, but after comparing the actions should taken to be a better version



of our self and learning good things from others.

Happiness is a biggest success that I can ask for and I feel it can only be achieved if there is sense of satisfaction.

The duration of happiness increases as you move from Pleasure to Purposeful living. Pleasure is often temporary and happiness from that can last for few hours to a few days at best. This is because the Law of diminishing returns is at work. Purposeful living is living with higher purpose e.g. altruistic goals such as spreading happiness, helping someone in need and making a real difference in people's lives will create lasting happiness and a sense of satisfaction.

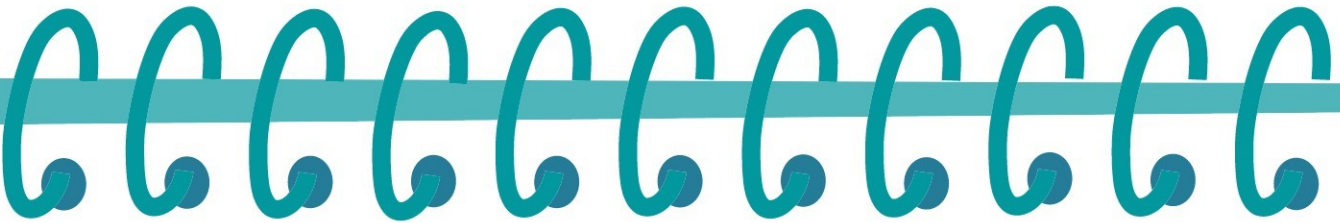
The equation " More money = More happiness" is flawed. Money is important and extremely necessary for living and fulfilling basic necessities of life, but happiness can be found in small good deeds and money has nothing to do with it.

Few sources of my happiness would be, spending time with my loved ones; going for an outing; taking care of loved ones, supporting people in the best possible manner I can; following the spiritual path and Jain principles. I believe on the beautiful quote by Rosalene Glickma, ***"Be grateful for whatever you have in life and practice gratitude in day to day life is important than reaching your ultimate destination."*** Grateful people have higher satisfaction level and tend to appreciate simple pleasures in life.

Always be kind to yourself and others around you. Many of your actions might not lead to positive results always but, there is no need to be harsh towards yourself. Don't be over critical. Be compassionate to yourself. And also make point to learn from your mistakes.

The real Happiness is to live the present moment at the fullest. **Happiness is not a destination, it is a journey.** It is continuous and feeling of fulfillment. Happiness is a state of mind created by positive and good emotions. You can have everything handed to you on a silver platter and still be miserable, or you can open your mind to all life's possibilities and enjoy the





journey for what it is without expectations. More often than not, we find happiness where we least expect it. And sometimes, when we forget about the destination and just enjoy the journey, life hands us unexpected, but much needed, surprises. So take a moment and find out what makes you really happy. Then embrace it for all its worth!

Enjoy beautiful journey of life everyday and treasure every moment with pleasant feeling.

“There are three things we can do with our life: We can waste it, we can spend it, or we invest it. The best use of our life is to invest it in something that will last longer than our time on earth.”





Ms. Ruchi Bhansali

Yes, I strongly believe that “Happiness is a journey and not a destination”

If we take happiness as a destination, we are not living our lives to fullest. I believe that Life is all about small moments. We should live and enjoy all those small moments which brings us happiness. It can be anything; it can be in form of smile you bring on someone's face or it can be in form of blessings you get. It can be in form of bliss which get after taking your first sip of coffee or it

can be in form of work satisfaction. It's all about how we *link happiness to all the small moments of our lives*. **Happiness is not “there” but “here”, it's not to be found in “tomorrow” but “today”.**

If we learn to enjoy the journey, then only we can celebrate the outcome as **“Joy is to be found not in finishing but in doing it”**

I also believe that happiness begins from
us.

Happiness is within us
and its upon us how we decode and
embrace it.

When the circumstances are not in our
favour,
finding inner peace and happiness make it
easier for us.



If we start presuming happiness as a destination, I am sure happiness would become the rarest thing that could be found amongst the humans



I would like to conclude with a thought that I came across which exactly depicts my views:

***“Happiness is a journey not a destination,
Happiness is to be found along the way,
not at the end of the road,
for then the journey is over and it’s too late,
indeed, Happiness is a journey not a Destination”***

*“Never measure life by your possessions.
Measure it by the hearts you touched,
the smiles you created and
the love you shared.”*





CA Nikita A. Bajaj

This is very true and indeed thought. Happiness is all about thinking. In life you have many ups and downs, good and bad situations, but how to handle and face the situation depends on the thinking and depending upon that you will find happiness. Thus, you can say that happiness is a journey.

Sometimes we think that happiness is when we go to some place or achieve our goals. No doubt when we achieve

some goals or reach some destination we get happy, but what if the case gets the reverse, we end up in sadness. Thus, I think we should see happiness in small and daily things we came up with and enjoy life. Thus, it can be said that happiness comes the way u think and act and it's a journey.

If we think again no doubt, sometimes reaching the destination gives happiness, but after reaching the place you yourself has to find the ways and thinking which brings the happiness to stay at the destination. We can rightly say that happiness is the path to through and reach the destination.

Thus, Happiness is a journey and not a destination.

“Certain things catch your eye, but pursue only those that capture the heart.”





CA Kalpesh S. Shah

I think each-one of us makes long term and short term goals pertaining to visualized happiness factors. Every one may feel, if he/she achieves a particular goal, he/she may be the happiest person on the earth. But once you achieve the desired goal, new desires and expectations from life comes out and you start chasing that keeping in mind again the same “if you will achieve that particular goal, you may be the happiest person on the earth”. This marathon is

endless. You still feel that this is not the ultimate happiness you were looking for and ultimately you feel sad.

I correlate myself with above as; when I was a kid, I used to think I will be happy; when I will pass out from school. At that age, college life seemed to be a symbol of freedom and happiness. When I reached that milestone and was doing graduation from college; I started feeling that once I will have good Job, I will have lot money and that will bring happy days to me. This chain kept continued; The problem with me was I looking towards happiness as a milestone, which kept changing its position with time.

As we know that we are living in tough times. Our lives are defined by deadlines, target and stress. Not many of us can just sit and enjoy the moment. We are always in a hurry to do something, to make plans for the future, write down the to-do list and plan of action etc. But if you want to embrace happiness, live in the present, revel in the moment. I genuinely feel if you worried about future, it will not make your today beautiful, but living in the present will give you peace of mind.

Further, doing more of what makes you happy is always fulfilling. Many of us do not have the financial security, but you must spare some time from your busy schedule and devote it in doing things that increase your happiness. I personally call it quality time.



This quality time is for me only. I utilize this time for my hobbies, outing with family members, being with nature, watching movies, long drives with friends etc.

I would like to say, be kind to your-self. Many time we doesn't get positive results always for our action, but there is no need to be harsh towards yourself and don't be over critical. Hence be compassionate to yourself and also make point to learn from your mistakes.

The necessities of human being are endless and have a big list of chain which won't end until you die. The real Happiness is to live the present moment at the fullest. Always keep in mind that **Happiness is a journey and not a destination**. It is continuous and feeling of fulfillment. Happiness is a state of mind – a positive and good emotion creates it. Hence discover the joy of happiness by living in the present and doing more of what gives you joy.

As I said, doing more of what makes you happy is blissful and fulfilling but Yes, off course we need to work to pay our bills and not all of us are born with a silver spoon, but we must devote some time in doing things that make us feel happy and energetic. Hobbies are great ways have creative energy. Being with nature is a wonderful way to connect with your own self. So, make yourself happy by going for nature walks, trekking, surfing, playing games etc.

Lastly, I would like to say that, no one has a perfect life. Even the most successful, richest people have their own set of challenges and problems; they have overcome and achieved their goals. Hence, be confident and overcome the problems and challenges with smiling face. This will take you on the way of **Happiness journey** for which you are looking for.

Hence I believe “Happiness is a journey and not a destination”

A very sincere thanks to Respected Suhas Sir for giving me an opportunity to express my views on such wonderful topic.





Ms. Deepali R. Shah

Happiness is a state of mind, positive and good emotions create it, which ranges from contentment to joy and which is expressed by positive or pleasant feelings. It is also used in the context of life satisfaction, well-being, and fulfillment. No one has a perfect life, even the most successful, richest people have their own set of challenges, by being confident we have to overcome the challenges with a

smiling face. This will take us on the way of our journey of Happiness.

- Be grateful for everything god has given you in life and practice gratitude in day to day life. Cultivating an attitude of gratitude and being thankful is proven to increase our happiness index, and is one of the simplest life changes you can make as it requires very little effort. Grateful people have higher satisfaction level and tend to appreciate simple pleasures in life.
- Happiness is not about getting all what you want; it is about getting the most out of all what you have. We are happy when we have something to look forward to, when we enjoy the steps that take us there, and when we don't attach too much importance to individual events. Happiness really is a journey, it is continuous and a feeling of fulfillment, one to be enjoyed to the fullest, it is not somewhere you reach, it's a process. It's better to enjoy little events along the way. Human beings usually look towards happiness as a milestone which keeps changing its position with time.
- True happiness comes from accepting the journey we are on and making the most of it and not waiting for the destination. It is derived from the moments that you share and experience in the journey of making it happen and immerse yourself



in the present, you will be happy.

- The REAL HAPPINESS lies in staying content and satisfied with everything god has given you, being a good human being, being kind and a compassionate person.
- The REAL HAPPINESS lies in when you practice counting your blessings and you will be amazed how many there are. There are countless blessings that are in full view for you to recognize and acknowledge and thus express your thankfulness.
- Last but not the least, Happiness to me is in Suhas Sir's blessings, support, guidance, concern, understanding and everything he does.

To conclude

“It's not Happiness that brings us Gratitude. It's Gratitude that brings us Happiness”

*“Life is very interesting... in the end, some of your greatest pains,
become your greatest strengths.”*





*CA Dhanshree N.
Lunkad*

WE wait and wait for the moment to arrive, not knowing moment doesn't come to us ...

Don't postpone your happiness for later just because your facing lot of obstacles & challenges, after-all this is what life is all about.

So, it is easy to say but difficult to understand or implement.

As we live in present... We must learn to live in the moment.

Happiness is a mental habit, a mental attitude and if it is not learned and practiced in the present it is never experienced. It cannot be made contingent upon solving some external problems. When we solve one problem another takes its place. Life is series of problems...

If you are to be happy at all, you must be HAPPY – PERIOD!! Not happy “Because of.”

And by this we know “HAPPINESS IS A JOURNEY AND NOT A DESTINATION.”

Smallest of things in our day to day life which bring a cheer is what happiness is.

In the walks of life bitter or sweet, when we learn to celebrate each moment, our lives become an absolute treat.

Trust the process even when u do not understand, at times it is better to be a fool. Do not try to be wise and lose out on some of the best moments of life.



Gratitude, acceptance and staying positive are key to happiness...

Learn to live...learn to laugh and learn to dance along the journey called life. You only live once...

Where did you
find that? I've been
searching for it everywhere.



I created it
myself.



*“The events in our lives happens in a sequence, in time,
but in their significance to ourselves they find their own order the
continuous thread of revelation.”*





*Adv. Vidhi K.
Punamiya*

"Happiness is a Journey Not a Destination" is an often-heard saying and it has unfathomable meaning. I remember learning this proverb in my school in a subject namely; Value education.

When I was kid, I use to think that as soon as I clear my board exams, I will be happy, when I cleared my board exams, I started thinking that I will be happy as soon as I get into one of the

best colleges, when I got into college, I started thinking I will be happy when I get my degree and the chain kept continued. The problem with me was I was considering happiness as a milestone, which kept changing with different phases of my life.

Few years ago, when I signed up for a natural trip to a beautiful place called Ladakh, a chain of Rocky Mountains and narrow, deadly road I was queasy and green the entire journey as the ghats were quite rough, especially when we were reaching the higher latitude. We came across all sort of adventures and task in reaching to our decided destination and when we reached that destination and while witnessing the destination, I realized that the journey was more beautiful than the destination and that's when I truly understood the meaning of this proverb which I had learnt in my school.

That's the problem with each one of us that we all have decided a virtual destination in our mind and in order to achieve or reach that virtual or imaginary destination we forget to enjoy the journey which is nothing but the present that we all are living. Thus, I have decided and try to follow these basic rules in my life they are:

- A. Have courage and be Kind.
- B. Don't be greedy.
- C. Be grateful for what you have.



D. Look for an opportunity to serve others.

E. Be unapologetic for being yourself.

F. Be kind to yourself.

G. And most importantly be positive.

In a word which is ambition and success driven, we have forgotten how to feel. When have been thought to suppress our feelings and emotions from childhood but we fail to realize that life is about expressing ourself and not about being scared of emotions. Over the years I have realized one thing i.e., that nothing is permanent and it's all about perception and perseverance and that we all are here not to accomplish a task but to enjoy the process and keeping a balance of everything at the same time it's about doing more of what you like or love.

It's about making your own choices and let not others or society decide for you.

So, stop waiting until you finish school, you lose ten kgs or gain ten kgs, you have kids, up till you start work, you retire or till you marry. This weekend or until next Sunday morning, until you buy car or home. In short stop creating boundaries. This chain won't end until we die. The real happiness is to live in present, to act in present. It is a continuous process and feeling of fulfilled and it's a state of mind.

The true meaning of expression "happiness is a journey" is all about thinking and developing a mindset the right way and finding ways to enjoy each and every steps.

At the end I just want to say sometimes you have to slow down to present and enjoy the each and every moment of the present because you never know what's coming next.





*Mrs. Madhuri S.
Shah*

EVERYONE MUST HAVE HEAR THIS QUOTE “**HAPPINESS IS A JOURNEY NOT A DESTINATION**” HAPPINESS IS SOMETHING WHICH WE FOUND IT IN OUR DAILY LIFE.THE HAPPINESS IS HIDDEN IN EACH AND EVERY SMALL THING WE DO. NOR THE HAPPINES IS A THING FOR WHICH EVERY TIME WE SHOULD SPEND MONEY.

FOR EXAMPLE,

✚ JUST ONCE AT THE END OF THE DAY WE JUST SAID THANK YOU TO OUR MOTHER FOR WHAT SHE COOKED FOR US ALL HER STRESS WILL GET RID OFF.THIS IS NOTHING BUT THE HAPPINESS FOR OUR MOTHER.

BUT IN TODAYS WORLD IT IS VERY HARD TO LIVE THE PRESENT.OUR LIFES HAVE BEEN DEFINED WITH DEADLINES, STRESS AND TARGET TO ACHIVE IN LIFE, WE ALL ARE JUST THINKING OF OUR FUTURE AND FORGETING TO LIVE THE PRESENT, WHICH ULTIMATELY RESULTS IN FEELING DPERESS AND THEN WE ALL THINK GOING ON A VACCATION WILL GIVE US PEACE OF MIND BUT ITS NOT TRUE, WE CAN ALSO GET PEACE OF MIND BY DOING MEDITATION FOR JUST 10 – 15 MINUTES PER DAY.

HERE ARE SOME FEW THINGS BY WHICH WE CAN ENJOY OUR HAPPINESS

- ❖ MAKING PEACE WITH OUR PAST
- ❖ DON'T COMPARE YOURESELF WITH ANYONE
- ❖ STOP OVERTHINKING
- ❖ WHAT WILL OTHER THINK OF YOU
- ❖ JUST SMILE IN EACH AND EVERY SITUATION





CA Vidhi S. Shah

Hello everyone,

I would like to pen down my thoughts on this very correct and true sentence “HAPPINESS IS A JOURNEY AND NOT A DESTINATION”.

We all have experienced our own share of ups and downs, highs and lows. In the very little that I have lived my life and whatever I have understood what it is to live happily, I am sharing my view on the same.

Initially, we’ve been brought up in the manner that we usually tend to attach happiness to the very objects that glorify your hard work, be it initially, a new vehicle, then a prime range car, a big lavish house, a minimum of 2-3 holidays a year or may be a dining at lavish places on weekends, or at times, it can be good qualification, husband and in-laws, good pay job, a well settled-business and that’s not enough we also want to very proudly announce this to the society and people around.

But, lately, I realised that actual happiness is to be derived from the little moments that you we live each day in the process of accomplishing your dreams, may be a few from the list above.

For me, happiness can be the satisfaction that I get when I am putting my time and efforts to its productive use, be it, office work, or household chores, or simply when I paint, dance, swim or sometimes just the satisfaction and comfort of being at home with your family and being able to share things with my parents, to know how they feel, what their need are, just those small little things.

What my idea of a happy life is the freedom, the joy that you share with your loved ones. May be the huge lavish house would upgrade you to better facilities, but happiness can only be when the entire family is sharing atleast two meals a day together, a house where there is utmost respect for every member, old or young,



where every persons' opinion matter.

The big premium range car, the big house and all these materialistic things are just objects that objectify your achievements, which is great! But the real joy is to be able to enjoy the little moments that life offers to you, may be all days are not that great but the process towards it, the journey in the making of it, is in its very own sense an experience worth it.

The happiness that I saw in my parents eyes full of pride shedding tears of joy, while accepting felicitation on my behalf, is incomparable to anything in the world.

How true it can be that happiness is a journey and not a one-point destination. What you have today, you will want more of it tomorrow. The real happiness is derived from the moments that you share and experience in the journey of making it happen.

Happiness is not so much about getting all what you want, it is about getting the most out of all what you have.

"In life everyone may not be nice. But, there is something nice in everyone. Never keep a fixed image for anyone because people act differently with different people."





*Mrs. Jyotsna A.
Lunkad*

Happiness is such a thing which every human being on earth craves for it.

Yeh Dil Mange More !!

Life is a journey, a very long one, in this journey there are many ups n downs like our ECG graph. These ups n downs makes you happy and sad. None of them stays for a long time. However, it's we who choose to remain happy or sad in this journey.

There are ways to remain happy in this journey which I strongly believe -

Stay content with what you have and the offerings which you receive from the above.

Practice Awareness- Stay active / alert / have consciousness in your situations. Learn to live in the present.

When you start exploring the things you are not aware in the present moment, you will discover the hidden happiness.

Being grateful is a must in this journey. Be grateful to all those people who are around you, who have served you, who have guided you on your path. This is where you will surely find happiness.

Do things which keeps you happy n motivated because this will always uplift your mood and definitely keep you happy.

Life is a journey where you need to have high regard for your own self. Be kind/ compassionate and always learn from your mistakes.

The REAL HAPPINESS is to always live lively and stay in a positive and present mood.

Finally, I would conclude saying that happiness can never be a destination.... Happiness is always a beautiful sublime part of our life.





CA Vishnu S. Rathi

We humans, all have a variety of opinions about happiness. We define it differently based on our experiences, learnings, accidents and inner thoughts.

Basically, when we say Happiness, it a feeling from inside which can be pleasurable and satisfying. For some people, happiness is all about having a complete family, having true friends that are always there, having material things, getting high grades, having love

life, being rich, being pretty, and many others. At the same time, happiness is not about having what you really want in life, but being grateful for everything you have.

So I have here the question, "Is happiness a destination or a journey?" Is happiness a destination, an event, or your goal? Or a journey wherein it is the process itself in achieving your goals?

It is now that I have understood the importance of "Every Day Happiness". I have understood that a little happiness every day is far better than lot of happiness at once. Another reason why it's not great to put all your happiness eggs in one basket is that your happiness depends more on the frequency of happy events, and not the intensity. As we say everyday is a learning. Similarly, from those learnings, picking or mesmerizing few events of the day can bring a happy smile on face and this memory shall be embossed in heart for life.

This image got me thinking of why we are unhappy in our life because we go out looking for it rather than finding it within us.



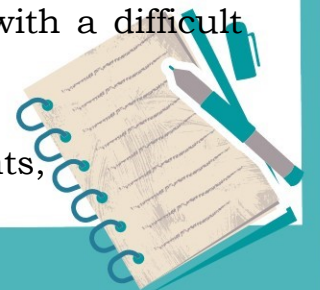


Adv. Aashit A.
Kankariya

We get happy and ecstatic when we hear that a dear one of us has become a parent. It is certainly a joyous occasion. The tiny little legs, little cute clothes are so heart touching. How we wish everything in this world would be so innocent? That small innocent child is a '*formatted new*' human who is absolutely free from all worldly beliefs, religious, political etc. It would not be surprising for many of us to desire to become so once again.

However, in today's day and age, we have goals, dreams, ambitions, sense gratification and even greed. It certainly proves our great sages right who termed this phase '*Kalyug*'. That is the reason that it becomes difficult to make close friends as we mature with our age. We get conditioned towards certain beliefs and try to constantly strive to achieve more and more. Wealth, Influence, Acceptance, Fame, Power become the objective and purpose of life. The arms and ammunition to achieve the objective in this modern intellectual era become religion, faith, knowledge and wisdom. We try to convince ourselves that irrespective of whatever profession or phase of life we are in; Wealth, Influence, Acceptance, Fame, Power are only what we have to conquer to have a successful life. It is worth thinking for a moment that is it worth it? To lose your inner soul only to get a pump to the '*false ego*'. It is very well said that everybody is a rebel deep within, be it a Soldier or a Terrorist. It is only their objective which differentiates one from another.

Each and every person has a Conscious, name it the Soul, Rooh, Aatma or Energy; they are all synonyms. The Conscious can never advise you incorrectly because it is an inner reflection of your own self. One may try this exercise to experiment its existence, whenever faced with a difficult situation in life simply close your eyes for a minute and ask yourself. You will be surprised to learn that the conscious has responded, even better than your Intellectual Consultants,



well-wishers and Geniuses. It is of utmost importance to ask your own conscious your purpose of life, it certainly is different for everyone and not based on Wealth, Influence, Acceptance, Fame, Power. Ofcourse, it is certainly not being suggested that you become a monk but it is worth thinking that greater objectives can be achieved by knowing ones purpose and walking on that path whereby Wealth, Influence, Acceptance, Fame, Power do follow; not being the reason for you to walk such path.

For example- You can serve your Country, become a soldier or politician or so what you are already doing with a different vision and achieve Wealth, Influence, Acceptance, Fame, Power in the process. However, your purpose is not hampered nor are your decisions as you simply do not take Wealth, Influence, Acceptance, Fame, Power into consideration as parameters during decisions. Importance is given to the Goal and not worldly desires. In this way, you may create history and separate yourself from the rat race. You will certainly achieve your objective and also enjoy the beautiful journey of achieving the destination because you and your conscious are aligned, that would give true and immense happiness to your inner self irrespective of the difficulty faced during such journey.

Let us format ourselves once again to live a better and happier life.

“Best lesson of life is listen to everyone and learn from everyone.

*Because, nobody knows everything but
everyone knows something.”*





*CA Shweta C.
Katariya*

Happiness is neither a journey, nor a destination....it's just a 'state of mind' and 'emotion'...!! Create it ...!!

All journeys break or come to end at some point of time so by that logic happiness will also come to an end if it were a journey.

Most of us define happiness as staying happy all the time – every single year, every single month, every single day,

every single hour and every single minute. Being happy is the biggest motivator of mankind. However real happiness is about being contented and satisfied with everything in our life. Whether we are just in the process of reaching your goals, or we are already in the point of our destination, there is we call HAPPINESS.

Life changes at the speed to thoughts. Everyone makes long term and short term goals pertaining to visualized happiness factors. But once you achieve the desired goal, new desires and expectations from life comes out of blues and you start chasing that keeping in mind again the same “if you will achieve that particular goal, you may be the happiest person on the earth”.

This marathon is endless, there are few pauses in this but you keep running. The more you have of it doesn't always mean the better. You still feel that this is not the ultimate happiness you were looking for and ultimately you feel sad. We believe our life should have no negative moments. All days can't be goody-goody. We need to understand the duality of life. We should always remember that; only by experiencing sadness do we understand the value of happiness. In reality, there is always something missing, something lacking, or something unpleasant.

No one has a perfect life. Even the most successful, richest people have their own set of challenges and problems. Be confident and overcome these problems and challenges



with smiling face. This will take you on the way of Happiness journey for which you are looking for.

In this process, self-love plays an important role. Self-love means having a high regard for your own well-being and happiness. Self-love means taking care of your own needs and not sacrificing your well-being to please others. Be kind to yourself. Many of your actions might not lead to positive results always. But there is no need to be harsh towards yourself. Don't be over critical. Be compassionate to yourself.

So, stop waiting until you finish your one goal or another. This chain won't end until you die. It doesn't only depends on the achievements we earned or the destination we've reached. In achieving or accomplishing things we want, I think we should be happy with the process itself. While working on it, happiness should always be in our heart and soul. It is important to enjoy every moment, celebrate small achievements and learn from failures that will soon become our stepping stone in reaching our destination. Some says that if you are happy with what you're doing, life would become easier, and success will come near you. The real Happiness is to live the present moment at the fullest. It is continuous and feeling of fulfillment.

Don't let yourself stuck on the dark side of life. Find the sunshine, or be the sunshine and light up your journey to reach your destination happily :)

:(You Decide





*Mrs. Aaradhana
V. Pandit*

“Happiness is a journey” You’ve definitely heard this before. So, what exactly does it mean? If happiness isn’t a destination, then how do we find it? If it’s a journey, do we never really get anywhere? Is there a point to any of this?

Well, it’s all about perspective. You don’t really need to define your happiness based on your achievements. It could be the path you take and every

step you take on that path. Every minute that you spend grinding, hustling, thinking, struggling, working up and down the clock just to get somewhere. Why do we have to convince ourselves that ‘I will be happy when I achieve my goals’? There’s nothing wrong with setting goals for yourself, but if you think achieving a certain goal will finally bring you happiness, you may be in for a disappointment. One reason is that the predictions we make about how we’ll feel in the future aren’t very accurate. Why not we enjoy the process too? For example, its your birthday tomorrow and you want to celebrate and invite around 100 friends. Sure, once you celebrate, you’ll be very happy... but you’ll enjoy the planning too, right? So why don’t we feel the same way about every single task in our life? There’s always a way to solve our problems, we just need to have faith and keep doing our best. That way we have better chances at achieving our goals. If we are optimistic, we can work hard and at the same time we can enjoy the process. If you have a purpose and the right attitude to overcome every obstacle in your way, you will find that happiness can be found in the simplest of moments. You shouldn’t count on specific events to make you happy.

Happiness is not a destination instead a path on which we have to walk to create an optimistic life. Joy, pleasure, contentment, and fulfilment are all emotions associated with happiness. Happiness is closely linked to one's general well-being



and feeling of purpose. We always want to be happy, yet happiness is often found within ourselves. Learn to control your negative thoughts and view each day with optimism.

So, what's the point to any of this? Do we never really get anywhere? Why is happiness a journey and not a destination? Well, it's because the journey can be a lot more fun than the destination itself, and if you take the time to really enjoy each step along the way, you'll spend more time being happy. Having something to look forward to helps you be happier in the present, which means that the journey is never really over. When you reach one destination, just keep on trekking! Many times it happens that we miss our goals, targets or face failures or any negative situation, I always remind myself Shri Harivanshrai Bacchhanji's famous quote...MAN KA HO ACCHHA, NA HO TO JYAADA ACCHHA. Then again I become more positive, energetic and happy again.

Thank you so much Sir for giving me this opportunity to share my feelings. Be happy always.

"Ability is what you are capable of doing,

Motivation determines what you do,

Attitude determines how well you do it."





CS Purva P. Nahar

सफर खूबसूरत है मंजिल से भी

So beautiful yet meaningful lines of a famous song. I believe everyone in their lives, at some point, must have experienced exact this phase. I also believe that happiness is flow of memories, journeys and excitement and not just some point where we are happy.

I believe it is the journey which brings the happiness and joy rather than the actual goal. Don't you think so? I would love to share my thoughts here.

The most important and best thing in most of our lives is courtship. That phase of excitement where we are ready to exhibit our life partner in front of world. The journey from engagement to happily ever after. If wedding is the "happily ever after", then why do people say courtship is the golden days of our lives and why not wedding day?

Because the journey of courtship is full of excitement, enjoying the beginnings and creating memories which will lasts forever, laughing and spending time together which brings smiles on our faces and happiness to our hearts.

and that's why people more often cherish their courtship days which is a journey to the ultimate goal of marriage, rather than wedding or post wedding days which was principally supposed to be "Happily ever after".

Many times, we believe that achieving some goal or reaching at some level will bring ourselves happiness. But subconsciously our mind is enjoying the road which might be tough, full of obstacles and efforts which we finally cross to reach our destination. Our mind is subconsciously happy about the hurdles which we crossed, courage we shown to cross the path.



One more incident I would like to bring in light, we CA/CS people usually think becoming CA/CS will make us happy. But you know what? Actually, years after becoming CS, I still cherish those tuition days, study and exam days, pulling an all-nighter...I cherish that journey more rather than the day of actually getting the degree of CS :)

Believe me or not "It's a journey". The journey can be a lot more fun than the destination itself, and if you take the time to really enjoy each step along the way, you'll spend more time being happy.

Having something to look forward to helps you be happier in the present, which means that the journey is never really over. When you reach one destination, just keep on trekking!

*"Everyone has inside of him/her a piece of good news.
The good news is that you don't know how great you can be. How
much you can love, what you can accomplished and what your
potential is."*





CA Mehul S. Jain

A little happiness every day vs a lot of happiness at once?

“Happiness is a journey.” You’ve definitely heard this before. So what exactly does it mean? If happiness isn’t a destination, then how do we find it? And if happiness is a journey, does that mean we never really get there? Many people swear by this common saying – so are they right, or is it just a cliché?

Why is happiness a journey and not a destination? Because the journey can be a lot more fun than the destination itself, and if you take the time to really enjoy each step along the way, you’ll spend more time being happy. Having something to look forward to helps you be happier in the present, which means that the journey is never really over. When you reach one destination, just keep on trekking!

A little happiness every day vs a lot of happiness at once?


Another reason why it’s not great to put all your happiness eggs in one basket is that your happiness depends more on the frequency of happy events, and not the intensity.

In other words, it’s better to have lots of little happy moments than one or two big ones.

Not only this, but research has shown that happiness from individual events doesn’t actually last that long. And it turns out that one of the best ways to prolong feelings of happiness following an event is to relive what it is that made you happy. These research has shown that something very important about happiness: you should try to maximize the number of small, happy events in your life as much as you can.

Why is happiness a journey and not a destination? Because whatever you think is the destination, it probably won’t make you as happy as you’d like, and you may end up miserable if





you don't get there. It's better to enjoy little events along the way.

Discover the joy of happiness by living in the present and doing more of what gives you joy.

Live in the moment: We are living in tough times. Our lives are defined by deadlines, target and stress of course. Not many of us can just sit and enjoy the moment. We are always in a hurry to do something or the other, to make plans for the future, charting out course of action. But if you want to embrace happiness, live in the present, revel in the moment. Worrying about future will not make your today beautiful. But living in the present will give you peace of mind.

Do more of what makes you happy: Doing more of what makes you happy is blissful and fulfilling. Yes, we need to work to pay our bills. Not all of us are born with a silver spoon. But we must devote some time in doing things that make us feel happy and energetic. Hobbies are a great way to tap into that creative energy. Being with nature is a wonderful way to connect with your own self. So, revel in joy by going for nature walks, trekking, surfing, playing games. If art gives you joy, then visit art galleries, watch dance performances. Or just put on the music and dance to your heart's content.

Closing words

We've seen a number of different ways that happiness is best thought of as a journey and not a destination. It turns out that people are happiest when they have something to look forward to, when they enjoy the steps that take them there, and when they don't attach too much importance to individual events.

On the flip side, focusing on happiness as a destination to be found or reached, putting all your hopes on big life events, and aiming for one or two really happy moments rather than a series of little ones, are all things that can make you less happy. It turns out the cliché is true: happiness really is a journey, one to be enjoyed to the fullest.





*CA Manali P..
Bhalgat*

To my dearest SPCM Family,

Hope you are in good health and experiencing blissful days.

The purpose of writing this article is to share my views on beautiful statement that **“Happiness is a journey and not a destination.”** I totally agree with this statement.

Below questions describes two different belief systems on happiness-

- i) “Will I be **HAPPY** when I achieve a particular thing/goal/milestone?” or
- ii) “Am I **ALREADY HAPPY** and **HAPPILY WORKING** towards achieving a particular thing/goal/milestone?”

Both the questions have totally different meaning.

In first case, happiness is dependent on achievement of particular thing/goal/milestone and thereby the race to achieve it begins. It leads to journey which has stress, fear, frustration, dissatisfaction, disappointment etc. In this process, living in the present moment is completely lost. Even after all the efforts, if the results are not achieved as expected or desired, again happiness is lost. In such belief system, happiness is subject to reaching the destination i.e only once particular thing/goal/milestone is achieved.

In second case, happiness is not dependent on achievement of particular thing/goal/milestone. This belief system considers happiness as its own creation. It leads to happily setting goals and milestones in life and working towards it and even if it is not achieved, there is no impact on happiness.

I would like to highlight a story of a school going child who starts his journey of school happily, studies well and stands first in class. When he stands first in class, he becomes more



happy and then set next goal as standing first in all the exams from thereon. Till now his journey was without any stress and therefore he studied happily. As the years passed by, stress and fear of not coming first in class became a part of his journey and he attached his happiness to only when he stands first. Then he thinks he will be happy; when he will pass out from school. At that age, college life seemed to be a symbol of freedom and happiness. When he reached that milestone and was doing graduation from college; he started feeling that once he will have good job, he will have lot of money and that will bring happy days to him. This chain kept continued; after getting a lucrative job, he convinced himself that life will be better after he will get married. **The problem with him was he was looking towards happiness as a milestone, which kept changing its position with time.** He was running towards a virtual destination.

From this story we can understand that don't wait for destination, be happy in the journey. Don't postpone happiness by attaching happiness with the destination without realizing that life is passing by in the meantime. One of the reasons why lots of people are unhappy is because they go out looking for happiness, rather than cultivating it in their lives. Everyone makes long term and short term goals pertaining to visualized happiness factors. You may feel, if you achieve a particular goal, you may be the happiest person on the earth. But once you achieve the desired goal, new desires and expectations from life comes out of blues and you start chasing that keeping in mind again the same "if you will achieve that particular goal, you may be the happiest person on the earth". This marathon is endless. You feel that this is not the ultimate happiness you were looking for and ultimately you feel sad. The real happiness is to live the present moment at the fullest. Happiness resides not in possessions, happiness dwells in the soul.

"The way to live life is not to reach a destination but to make the journey itself joyous and happy."





*CA Prerna S.
Desarda.*

In my opinion, happiness is not found in things, it lies within us. It is more about how we perceive things and circumstances. Sometimes, things do not turn up the way we want it to be or don't turn in our favour, but what we all need to remember is that nothing is permanent. We all have our ups and downs but we should keep learning and thriving through it all as Life has its own way of making us experience things each day.

Our perception and attitude determines the happiness in our lives. In this fast world we are living in, somehow we have forgotten or missed the small things that happen every day in our life that actually make us happy and so it is well said that we will be exactly as happy as we decide to be. I believe that we have to learn to take up small failures positively and outgrow our limitation and be grateful and happy for what we have rather than being complaining for what we don't have since grateful heart is like a magnet of miracles.

Often we attach happiness to materialistic things or events which give us only temporary happiness till the time of obtaining such things or happening of such events. Things we feel would give us happiness today will be a normal part of life later on and so happiness can never be attached to a particular thing or events, happiness is a mixture of each day we live and keep growing on. If we learn to enjoy each day without attaching it to anything and learn to be happy without any reasons, life would be more easy and full of happiness and this teaches us to go on and live on despite it all.

So, it is rightly said that, happiness is not a distant destination at which you arrive but a path you choose to travel each day.

