



WHAT WERE
2 DOMINANT
EMOTIONS
that you have been
FEELING?



WHAT LED TO
THESE EMOTIONS?
HOW HAVE
YOU RESPONDED
TO THEM?

SOCIAL
HAPPINESS
EG. MONEY
RELATIONSHIP

gives direction
FRONT WHEEL



BIOLOGICAL
HAPPINESS
EG. HEALTH

gives power
BACK WHEEL

THE FOREST OF
EMOTION



LAKE OF
REFLECTIONS

MOUNTAIN
OF
ABUNDANCE



GEMSTONES
VALLEY
COLLECT
your WELLBEING
& CAPITAL here



9 KEY
FACTORS
of BIO
HAPPINESS



21ST CENTURY
challenges

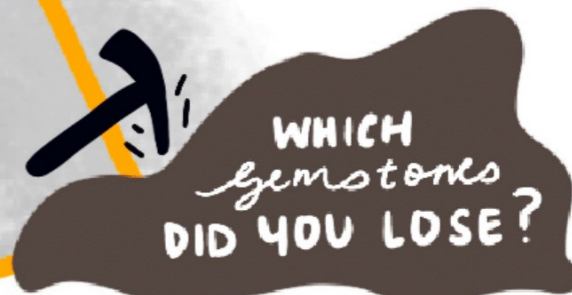
- DISENGAGED -
- BURN OUT -
- 24/7 REMOTE WORK -

THE
CYCLE OF
HAPPINESS

LET'S
experience
A WALK INTO
WHOLE
BEING



MYSTERY
MINES



WHICH
gemstones
DID YOU LOSE?

RAHUL HASITA
FOUNDER
SWACARDZ

MADHUR ANAND
CO-FOUNDER
MOOD FOREST



ENABLING WELLBEING AND THE RAINBOW OF CONNECTIONS
through
SERIOUS GAMES

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RECORDED BY TINA WONG