

# In pursuit of HAPPINESS

True happiness can feel elusive during rough times, but these inspiring entrepreneurs have pushed through pain and uncertainty, and with their can-do spirit, rediscovered a zest for life

BY ELIZABETH LIEW

**T**he happiest people all seem to have one thing in common: They savour life to the fullest. Whether they're finding fulfilment through yoga and meditation, taking pride in running their own business or enjoying quality time with the husband and kids, their passion for living is insatiable.

According to a survey by the United Nations last year, Singapore is the happiest country in the Asia-Pacific region, and the 22nd happiest country in the world. Despite hearing frequent complaints about life in Singapore, it seems we're actually a pretty jolly bunch!

We asked three highly successful ladies who've balanced their work, personal and family lives to share their tips for finding personal happiness – and how we can all discover our inner joy.

“  
I work for passion,  
not money”

**Serena Adsit, 38**  
Founder and Managing Director of Mint Singapore

This go-getting model, mother and businesswoman started her own modelling agency, Mint, in 2010. “Modelling is second nature to me, so I decided to start my own business to have the freedom to do what I love, on my own terms. At the time, I had no sounding board or advisors to rely on, so I just used my grit and instinct,” Serena reveals. These days, her five-year-old son Evan sometimes joins her behind the camera for shoots, so they can spend time together.

Serena credits passion as her top tip for achieving happiness and success. “If you're only doing your work for the money, you'll crash and burn. Happiness is a state of mind: People who are unhappy generally have unrealistic goals, so measure your expectations and adjust them so you're content with what you have.”

#### HOW SHE FINDS JOY

**GET MOVING** “Moving the body and getting some exercise not only helps you keep fit and stay young, but also uplifts you. It clears the mind and is great for the soul. I constantly try to find new activities to keep me fit and healthy, such as stand-up paddling, fishing, playing pool and rock-climbing.”

**KNOW AND BE YOURSELF** “Only when you truly understand who you are, can you work toward getting what you want. Once you have that confidence, you'll be always be certain that you're in a job, relationship or situation you truly want to be in.”



CELEBRATE THAT CAN-DO SPIRIT with the Pandora Spring/Mother's Day 2017 jewellery collections. In line with Pandora's DO campaign, which empowers women to take action and be true to themselves, both collections help women show off their personal style through beautiful hand-finished pieces.

SERENA WEARS  
KEEPSAKE DRESS,  
\$289, FROM  
ECLECTICISM.  
ALL JEWELLERY  
PANDORA.



**ANGELIC GLOW** The Hearts Of Pandora Halo ring from the Mother's Day 2017 collection is a silver beauty set with clear cubic zirconia. Its classic halo design symbolises the love and light mothers bring into our lives. At \$129.

GILLIAN WEARS MOON RIVER TOP, \$79, AND JOA SKIRT, \$115, BOTH FROM ECLECTICISM. ALL JEWELLERY PANDORA.



“  
I treasure  
my life as  
I almost  
lost it”

**Gillian Tan, 37**

Founder of clicknetwork and Munkysuperstar Pictures

The entrepreneur behind Singapore's number one YouTube channel clicknetwork has a good reason to be joyful: She's bounced back from a near-fatal experience. "In 2005, my appendix ruptured on a plane ride back from Tokyo and I almost died," she reveals. "I spent a week in the hospital, feeling incredibly weak, and it was one of the lowest points of my life." But instead of wallowing in self-pity, Gillian focused on recovering so she could get on with her life. "When times get tough, I don't think about being sad. Instead, I work towards resolving the problem as best as I can."

### HOW SHE FINDS JOY GOOD COMPANY MATTERS

"Surround yourself with positive people and choose your friends well. The company you keep will greatly impact your life, so choose your friends wisely."

**BE THANKFUL** "Appreciate the good things you have in your life. For me, I treasure things like waking up next to a great husband, and working with a talented team. And after my appendix scare, I'm grateful for my health – going through that really put life in perspective for me. I feel fortunate to be so happy in my life: for everything I wanted, the opportunity has always been there for me."



**DAISY CHAIN** Add a youthful yet elegant touch to your outfit with the Pandora Dazzling Daisies Necklace, a sterling silver Y-chain piece from the Spring 2017 collection. It is studded with stone-studded daisies, which represent purity, freshness and new beginnings. At \$79.

PHOTOS: NYEN / STYLING: LAUREN CHAN / ART DIRECTION: AARON KOK / HAIR: PETER LEE/MOSCHÉ SALON, USING L'ORÉAL / MAKEUP: HONGLING, USING YSL BEAUTE / LOCATION COURTESY OF LEWIN TERRACE



CHARLYN WEARS TOP, \$99.90, FROM H&M; PANTS, \$525, FROM JOSEPH. ALL JEWELLERY PANDORA.

## “Yoga gave me a sense of purpose again”

**Charlyn Ding-Lim, 35**  
Founder and CEO of Om & Away

It's hard to believe this vivacious mother-of-two once struggled to find her happiness. “I lost my sense of purpose in life two years ago and I felt lost, like I didn't have a bearing on anything,” shares Charlyn. “I had quit my banking job and moved to Kuala Lumpur, and was feeling directionless.”

A good friend then took her on a life-changing yoga retreat to Bali. “The trip was a blissful cleansing of body and mind, and that joy stayed with me weeks after I returned home,” she recalls. “It was so refreshing to enjoy the sun, sea, and practice yoga and meditation. I realised how powerful these retreats were, and it inspired me to bring the same kind of direction and joy back into people's lives. That's what led me to create Om & Away, to help organise wellness retreats that include spa trips, fitness holidays and silent retreats.”

### HOW SHE FINDS JOY

**RECHARGE** “I know how difficult it is to step away, especially if you have Mummy guilt, but don't neglect yourself. Spend a couple of hours staring at the sea, go for yoga or simply stay home and watch TV!”

**THINK HAPPY** “Break any old, self-limiting notions that you've carried with you all your life. A paradigm shift in your mind can lead to change in your behaviour, and lead to happiness.”



**DROPLETS OF JOY** Sparkle in any room with the Pandora Radiant Droplets charms from the Spring 2017 collection, which are hand-set in a sterling silver frame. Each piece features three vibrant rose-cut crystals in a range of beautiful shades, from cerise to royal blue. At \$99 each.