



# Positively Jane - The Podcast

## Navigating Life's Highway... *together*

Episode #4 Transcript: What is Joyful Living?

### JANE SHINE:

Have you ever wondered how some people can exude joy even in the midst of circumstances that make you cranky or irritated? Have you ever met someone who, in the midst of turmoil or even tragedy, doesn't fall apart or become bitter? Have you ever wanted to live a life of pure joy but really have no idea how to begin? Guess what? I got you covered!

### INTRO:

Welcome to the Positively Jane Podcast where we are navigating life's highway together. In this episode I am going to answer the question 'What is Joyful Living'. Because, in my humble opinion, why would we want to live any other way?

Hey there - I'm Jane Shine. As a blogger for over 4 years, I have been encouraging women of all ages, to rise above those circumstances that kick them in the butt and choose a life filled with joy. Topics - you name it. From relationships, anger and irritation, embracing the aging process, how to retire with wealth, and so much more! I can't wait to dive in!

Let's talk about a wellness product that I am loving. After years of dieting, I have decided, at the ripe old age of 69, that I would rather be healthy than spend my time on diets. I needed healthy alternatives that were quick and easy for me cause I am a busy girl! I decided to begin this new journey with smoothies. I can make 15 at a time, put them in reusable freezer bags so I can grab, blend and go. I needed a really good protein powder. One without all the chemicals, added sugars, and one with a high protein content AND one that tastes great. Asking a lot, right?

Enter in the Be Well by Kelly Protein Powder. Each scoop has 24 grams of protein. You can get vanilla, chocolate, or unflavored. Grass fed or vegan based. My smoothies taste great and they fuel me all afternoon! Check out Be Well and those smoothie bags...your body will thank you. Use the code PJ10 and get \$5 off. Links are in the show notes.



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## JANE:

Let's start with the definition of joy. According to Merriam-Webster: Joy – the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires. A feeling of great pleasure or happiness. According to the Bible, joy has a fuller, more spiritual meaning. It involves more. It is a deep-rooted, inspired **happiness**. 'The joy of the Lord is your strength.' Nehemiah 8:10.

Grabbing onto what Merriam-Webster has to say....what happens when you aren't well? What happens if you don't acquire your idea of good fortune? What if you never get to possess what you desire? Does that mean you can never experience joy? That you are doomed to a life of un-joyfulness...or bitterness?

And how about the feeling of 'great pleasure or happiness.' What does that exactly mean? When was the last time you felt great pleasure or happiness? And, if you can think of something, how long did it last?

Looking at mainstream joy...

Society tells you, in so many different ways, that in order to be happy you need to BE a certain way. You need to think a certain way. You need to act a certain way. That if you own this...you will become joyful.

- You need to be thin, with perfect eyebrows, wearing today's fashion, lipstick AND killer high heels.
- You must, not only own the house, it needs to look like it stepped directly out of a decorator's dream magazine. Everything perfect and nothing out of place. It must always look like no one lives there. Which reminds me of one of my face you tube videos - no one lives here. I will link it in the show notes. So you can chuckle too.
- The car you drive must be new with the latest technology. No dings, dents, leftover french fries or ground in goldfish or coffee spilled on the console.
- Your kids are model children who never have temper tantrums, spill food, or misbehave. They hang onto your every word and answer with 'yes ma'am or no ma'am'



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- Your girlfriends are your best confidants, you never have arguments or petty fights. They keep your secrets. You have so much in common it's almost like you are sisters from another mother.
- Your husband loves you above all else. He is handsome, makes a good living and treats you like a princess. He puts his dirty clothes in the laundry basket, helps with the household chores and only disagrees occasionally.

But here you are - scrolling through Instagram and looking at the newsfeed and all of those beautiful reels and photos shout at you - they say...you are lacking - you are lacking - you are lacking.

You get bombarded with ads. Your friends have it...so you want it too. Am I right?

And so, what happens when you can't afford what you see? What happens when things don't go the way you expect? Someone gets sick or your car breaks down? You have a fight with your husband? Then what? Is the joy all gone...or maybe the better question is this - was it there to begin with? Are you feeling a sense of lack in things...because you just can't face what is going on in your heart and mind?

In my '[Daily Gratitude Journal](#)' blog post I wrote:

'Let's face it. Life is hard. It can be so filled with disappointments and heart aches. The struggle is real. Relationships can fail us. Your money can run out. Your kids could be acting out. Maybe you gained the Covid 15-20 or 50. Your car needs new tires. The lawn mower broke. You ran out of milk.'

Whatever they are...big or small...all of those disappointments and failures can have a tendency to be the main focus of our minds. If you aren't careful that is ALL you will think about.

Enter joyful living - Joyful Living is a mindset. It is an attitude. It is not a sum total of all the choices that you make. It is a sum total of your reaction to all of the choices that you make or that others make.

You can choose to rise above those choices and their consequences and live a life of joy...everyday, or you can choose to dwell on those choices and their



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consequences and live a life of misery and disappointment. How would you rather live?

You **CHOOSE** to not let your mind live in your circumstances. You **CHOOSE** to rise above what is happening around you. You **CHOOSE** to let go of the pettiness, unforgiveness, bitterness and anger. You **CHOOSE** joy. **YOU CHOOSE JOYFUL LIVING.**

I need you to know that these are not platitudes that I am just saying for your benefit. Everything here is me. My past. And my present. I had to learn to reframe my thinking. I had to learn how to let it go. In the beginning I had to make a conscious effort to choose joy. But now it comes naturally to me. I can give it less though - I think it's become a habit. Go back and listen to episode #3 - Are Habits Really Powerful?

Joyful Living is an art. And, as with all art, it requires vision...which requires thought and planning. The end result might not be totally complete...but the steps that need to be taken are a sure thing.

Joyful living does not come naturally. Our natural self wants to look at, and hang onto, all of the hurts, injustices, thoughtless words and actions. All the ways others have failed us. All the ways we have failed ourselves. All the things we don't have. Our natural self loves to live below the line in our thinking. Anything that can be made negative...our minds gravitate there.

But, when you choose to live a life of 'Joyful Living', you have the ability to turn your back on ALL of those things that tend to turn you into someone who is unhappy. Someone who is not joyful. Someone who is allowing their lives to pass them by and is busy seeking something that can't be found. When you choose to live a joyful life, and make a conscious effort to think that way, act that way and react that way...your mind soon becomes formed...and new thoughts will emerge and form. Positive thoughts. You will move from a glass half empty mentality to a glass half full one.

Joyful Living is found in ALL things –

Everything about your life will either contribute or take away your joy. All of



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those things include:

– Your finances. Your budget or lack of budget. Your ability to pay your bills. Your ability to save money. Your ability to compromise.

- Your ability to say no to the things that won't serve you well. If your calendar is overflowing and you don't have time for yourself how can you find time to find the joy inside of you?

– Your relationship with your spouse. Do you disagree about most things – raising kids, large purchases, budgeting, partying, or infidelity? Are you able to compromise? Do you have to have the last word?

– Your ability to cook and provide a basic meal for your family. Fast food runs are great - don't get me wrong. But if life is too busy for you to do more than call Uber eats...maybe it's time to take a look around and make changes.

– Your ability to trust and find loyalty. Who do you turn to for the truth? How do you know it's the truth? Everyone has an opinion. Everyone has different life experiences or socio economic backgrounds which colors their thoughts. Society says this today...and something else tomorrow.

– Your organization. Does clutter make you crazy? Do you want to just kick the toys that are on the floor, throw the laundry in the trash, buy take out meals for the rest of your life? Scream at all the things?

### **ALL OF THE ABOVE THINGS ARE WITHIN YOUR CONTROL.**

YOU have the ability to assess and make changes. When changes are made you can then eliminate those stressors from your life which leaves you more open to joyful living.

Now there are 5 things Joyful Living is not:

1). It is NOT – Sweeping everything under the rug and pretending it does not exist or never happened. Amnesia is not the solution.

**What is it?:** Joyful Living is looking at everything that has happened head on, embracing it as reality, and choosing to rise above...so that you can live a life of joy.



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2). It is NOT – Being perfect. No one is perfect. Including you and me.

**What is it?:** Joyful Living is giving yourself grace. It is baby steps. One hour, day, week and then month at a time.

3). It is NOT – About focusing on the negatives. It is not about focusing on what you don't have or wish were different.

**What is it?** Joyful Living is focusing on thankfulness and gratitude. It is looking at a glass half full rather than half empty. It is looking at what you do have and making sure you have a plan in place to keep it.

4). It is NOT – Adding more to your to-do list. It is not about making things busier or more overwhelming.

**What is it?** Joyful Living is an opportunity for you to let go of all the things that bog you down. It is an opportunity for you to let go of all the little things. It is also an opportunity for you to take a deep breath, let go, and let God.

5). It is NOT – Reacting in a knee-jerk, non-thoughtful way.

**What is it?** Learning how to respond in a skillful manner. Learning how to take a deep breath and NOT respond....even though everything in you is screaming to retaliate. As Kenny Rogers sings: 'Learn when to hold 'em and when to fold 'em. Learn when to walk away....and when to run.'

And guess what - happiness and joy are NOT the same thing...stay tuned for Episode #5 where I talk about the differences between happiness and joy.

And as always, I would like to encourage you not to let the circumstances of life kick you in the butt. I would like to encourage you to learn how to rise above those circumstances so that you can live a joyful life....everyday.

If you haven't already go on and grab my FREE 'Joyful Living Quickstart Guide' - this will definitely help you take the first step towards living your joyful life.

Thanks for listening. If you like what you hear please subscribe and share with your friends. I have linked everything I talked about in the show notes. Go on



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and grab them. Until next time - go out and make it a joyful day!

### Links mentioned in this episode:

- Joyful Living Quickstart Guide
- Daily Gratitude Journal
- Aging Gracefully Newsletter
- PositivelyJane Website
- Be Well By Kelly Protein Powder (use code PJ10 for \$5 OFF)
- Quart Size Smoothie Bags
- Positively Jane Instagram
- Positively Jane Facebook Group



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- [Habit Blog Posts](#)
- [Joyful Living Planner](#)
- [True Botanicals](#)