



Positively Jane - The Podcast

Navigating Life's Highway... *together*

Episode #1 Transcript: Welcome

JANE SHINE:

Raise your hand if you think life is hard? Maybe you even wonder 'is this all there is cause I sure am not liking it so far'. Or maybe you love your life but there are people and things that just take the wind out of your sails. Or maybe you just want to kick the wall and call it quits! I get it.

And that is why I created the Positively Jane podcast. Where we will navigate life's highway...together. In this first episode I will tell you a tiny bit about me and who Positively Jane is and why I created this podcast. So hang on cause here we go!

INTRO:

Hey there - I'm Jane Shine. As a blogger for over 4 years, I have been encouraging women 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 skinny. Since I am a smoothie person, a quick and easy meal, I needed a really good protein powder. One without all the chemicals, added sugars, and with a high protein content AND one that tastes great. Enter in 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. I make 15ish smoothies at a time and store them in reusable quart freezer bags so I always have one ready to go. Check out Be Well and those smoothie bags out...your body will thank you. Use the code PJ10 and get \$5 off. Links are in the show notes.

JANE:

As a woman who has lived 69 years I have lived and experienced more than most. It's been a pretty crazy life to be sure. I have had more ups and downs than I can count. And I lived to tell the tale.

For over 4 years now, through my blog posts and weekly newsletters, I have



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been encouraging women to rise above those circumstances that kick them in the butt. To become the person they want to be...not the one that life says they should be. And, I have been offering tips and insights on how to make this happen. And I just gotta say- this means you too!

I will get into more of who I am in episode 2 and others to follow - for now this is just the cliff notes version.

I'm married - for almost 42 years now. I have raised 4 children and currently I have 4 grandchildren - although I only see 2 of them. Eleanor, the 2 year old in my life, lives close to us so I see her all the time. She is pure joy to me.

My husband and I have lived a wild and crazy life together. I think we have moved something like 17 times. Or maybe it's even more. Who can remember. And if you need help with moving and packing I am your girl! We have had our ups and downs. Some of our downs have been pretty low but we made conscious decisions to stay married and work it out. Just like anything worthwhile having, it takes work. Being married. Being a mom. Being a business owner, blogger, podcaster...it all takes work and vision of the end result.

There was a point in my life where we were flat broke and didn't even know it. I spent so much time comparing myself and everything around me to others, I never took the time to appreciate what I had. I was definitely stuck in the glass half empty mentality.

At the ripe old age of 50 I read a book that changed my life forever. I realized that if I didn't make changes and make them soon, I would always be in the cycle of trying and failing - but never succeeding. In all aspects of my life. I also realized that we may be living in a 2 man tent and eating Alpo (which is dog food for you non pet owners out there) if we didn't make changes...and soon!

I also realized that I might just end up a bitter old woman who pokes people in the back with their canes just for the fun of it...cause my life did not go as I thought it would and I was just plain cranky. I am sure you have met a few cranky old women in your life! I didn't want to be one of them.



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And so I took charge of me - and my life. Big time charge.

I made lists of the things that needed to change. First up was money. We needed to get on that savings train BIG time and fast. Time was ticking away. I made a plan and stuck to it....it took years for us to get out of debt. Years for us to save. But, fast forward to today. We are financially secure and living our dream life.

I realized during the gazelle-like intensity that I put toward our finances, that a million dollars would not solve me. Who I was on the inside at least. And who I really wanted to be. That million dollars would just be a bandaid on a gushing wound.

And so next up was me. I didn't read a bunch of self help books, read blog posts or listen to Podcasts. For some unknown reason I met Jesus and the 2 of us had arguments for months and months. I know, it sounds crazy but it's true. He wanted me to listen and I didn't want to hear what he had to say. Anyway, to make a long story short, I became a follower of Jesus and He has changed me on the inside...which totally reflected me on the outside. I am not the same person that I was before we had our encounter.

And if you aren't a Christian that's ok. This is not a Christian Podcast. I just wanted to let you know about me. But if you have any questions about what happened let me know. Send me an email. I included my email address in the show notes.

I learned to not succumb to the comparison trap that surrounds me. I learned to put blinders on...the kind the race horses use - so that I could not look right and left and see and compare. I could only look ahead at my life. My life was the focus. Not what others had or what I thought they had. Those ideal marriages, homes and model children are sometimes not what they appear to be on the outside. And so if I didn't look at those...I could focus on the inside of me.

Now believe it or not - Pinterest, Instagram and Facebook did not exist in those days. I know, crazy right! But I am so thankful they did not. Because those 3



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things will kick your comparison mind in the butt every time. I am designing my 4th house to build and when I go on Instagram for ideas, even though I have a very healthy budget for our new home, I sometimes come away with the feeling of not enough. And so I had to stop looking at those perfect houses and focus on mine and mine alone.

I realized that I have 1 and only 1 life to live. And I had a choice in how I lived it. Did I want to be yelling at everyone and hitting them with my cane or did I want to embrace every second of every day with a spring in my step and joy in my heart.

I have learned how to choose to live a life of joy every single day. Living a joyful life does not come naturally. It takes conscious thought to stop looking at what is wrong and change those thoughts to what is good. For some crazy reason our minds naturally want to hang out in the weeds. We have to tell them to look at the flowers. Over and over again. Until your mind gets the message and doesn't see the weeds anymore at all - it only focuses on the flowers. That my friend, is living a joyful life. A life that flows naturally from who you really are on the inside.

I decided to create the Positively Jane Podcast because I have a lot to say! I want to help you live that joyful life. I want to help you make wise choices. I want to give you simple, actionable and straightforward thoughts and strategies that will hopefully help you navigate your own life. So that you too can wake up each day with a positive mindset and ready to tackle the one and only life you get to live. To live your joyful life.

And no I am not perfect. Far from it. But I gotta say - for the most part I embrace life with wide open arms. I live a glass half full life. And when I die I will have no regrets. Because my past has been forgiven and my present and future, and the path I stay on, is totally up to me.

So, if you're trying to figure out how to live a life you love, find the half full glass and not the half empty one, figure out ALL things including anger, irritation, frustration, relationships, how to create wealth, kids, grandkids - you're in the right place. Most topics are not off limits! And if you have anything you want to talk about let me know....send me that email. I read them all and am ready to



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rock and roll.

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. Need help? I'm here. Let's navigate life's highway...together.

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

Links mentioned in this episode:

- [Joyful Living Quickstart Guide](#)
- [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](#)