



# Positively Jane - The Podcast

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

Episode #5 Transcript: Difference Between Happiness and Joy

### JANE SHINE:

Happiness...joy...happiness...joy. Are they the same thing or aren't they? What do you think? Did you know that happiness and joy are not the same thing? In this episode of the Positively Jane Podcast I am going to dive deep into both!

### INTRO:

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.

### JANE:

Happiness vs joy: Which one is better?

Now, I used to think that if I had a million dollars I would be happy. So, I set out to make a million dollars (and, surprise surprise, I never did).



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Would that million dollars have solved all of my 'problems' and made me happy? (We will never know will we). What I do know is this...if I would have relied on that money being the source or ALL that I needed and desired...I would have still been a sad and miserable person. Because as the old saying goes 'Money can't buy happiness' and money was NOT the root cause of what ailed me for sure!

Because the difference between happiness and joy lives in the mind and heart. Happiness is what happens TO us. Happiness is something that we look for, desire and/or pursue...but it is 100% totally based on external factors. If you did not get what you wanted or a situation did not go according to plan...you are not happy. Get the raise, happy. Don't get the raise, not happy.

Joy, on the other hand, is a choice that you make. You CHOOSE joy regardless of what happened or didn't happen. Joy happens when you can make peace with who you are, what you have, and what you think are lacking/missing.

Joy is not a byproduct of happiness. Happiness does not bring joy. Joy is much greater than happiness. Galatians 5:22-23 tells us: 'But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness and self-control; Against such things there is now law.' Joy is a byproduct of faith in God.

Now, you may not believe what the Bible has to say on the subject. But, regardless of what you believe, **joy is inside everyone.** It is your untapped reservoir of potential. The potential to look beyond all the stuff of life and to look inward and what is inside of YOU. Rather than living in a state of misery or unhappiness, you CHOOSE joy.

Joy does not mean that everything is swept under the carpet. You can listen to episode 4 where I talk about what Joy is and what joy is not.

It does not mean that you can't feel sadness, anger, or fear. It DOES mean that joy can, and will, share a space with all of the other emotions. You can feel sad and choose joy...both at the same time.

Think about it - is happiness there when you face difficulty, sadness or fear? Happiness relies on the things of life to be going according to the way you think they should. Your perceptions of good...bring happiness. On the other



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hand, joy will bring to life peace and contentment, even in the face of unhappiness.

Now, sometimes it's hard to find joy, right?

If happiness is fleeting and elusive...you forget to choose joy. Maybe it's easier to watch tv, kick back and drink some alcohol, take drugs or eat your way to what you are seeking.

Maybe it's easier to take it out on your spouse or partner or yell at the kids. So, rather than shifting your mind from the 'glass half empty' mentality to the 'glass half full' mentality - you sit in your own personal misery.

Thinking back I remember being miserable. I presented the 'Jane face' to the world but when I was home the guardrails were let down. I didn't yell and scream, well not much I don't think, but I was so unhappy and always searching for what would make me happy.

As I mentioned earlier - I thought if I had \$1mm all of my problems would be solved. Little did I know that the money wasn't what I needed. I needed a new perspective. I needed to shift my thinking. I needed to put on blinders and not look at what everyone else had...or what I thought they had and I didn't.

I would like to encourage you to spend some time seeking to find reasons to be grateful and thankful. And, once you find those reasons, and hang onto them, you will find gratitude. Once you find gratitude...choosing joy is not far behind.

Sometimes you might need to do something different in order to clear your head and mind so that you can find joy. Such as:

- Going for a walk. Studies have shown that going for a walk releases the calming parts of your brain. Which then lets you let go of the negative ways of thinking.
- Writing in [your gratitude journal](#). Beginning or ending each day by recording all the reasons you are grateful and thankful does not leave much room for all the negatives.



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- Starting your day off, or ending your day, with your quiet time with God. He tells us to be still.
- Turn off social media. All of those highlight reels and photos are just that. HIGH lights. No one typically posts a photo of them fighting with their husband, their house that is a non-magazine worthy mess, or their kids misbehaving. When you are caught in the trap of comparison social media robs you of your contentment every time you take a look.

So, again, what is the difference between happiness and joy?

Happiness is a feeling based on circumstances.

Joy is an attitude that defies circumstances.

**Happiness** is fleeting and can end at any given moment. Happiness relies on external factors.

**Happiness** is a pleasure. Because it relies on external factors, if those factors are not there...neither is happiness.

**Joy** on the other hand does not rely on personal gain, what you have, see or feel. Joy comes from within. Biblical joy comes from the overwhelming emotion of thankfulness. Thankfulness that Jesus died on the cross to save you from your sins.

**Joy** is a sacrifice. Joy means letting go of those expectations of others. It means letting go of your perceived wants/needs. It means to choose others before yourself.

If you have ever participated in a Random Act of Kindness you might know what I mean. A Random Act of Kindness is when someone you don't know does something nice for you and you are astonished. Imagine how it would feel if you stepped out of your comfort zone, dropped the defenses, stopped comparing and did something nice for someone you know and love.

something nice for someone you know and love.

Compassion International has an amazing piece of art on their website. With



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- their permission I am sharing this with you. And, I love it.
- Joy is a little word. Happiness is a bigger word.
- Joy is in the heart. Happiness is on the face.
- Joy is of the soul. Happiness is of the moment.
- Joy transcends. Happiness reacts.
- Joy embraces peace and contentment, waiting to be discovered.
- Joy runs deep and overflows, while happiness hugs hello.
- Joy is a practice and a behavior. It's deliberate and intentional. Happiness comes and goes blithely along its way.
- Joy is profound and Scriptural. "Don't worry, rejoice." Happiness is a balm. "Don't worry, be happy."
- Joy is an inner feeling. Happiness is an outward expression.
- Joy endures hardship and trials and connects with meaning and purpose.
- A person pursues happiness but chooses joy.
- And there you have it. The last line above says it all –
- A person pursues happiness but chooses joy...everyday.

And again with the permission of Compassion, I have created an art print with all of the sayings for you. It comes in black and white and blue and white.

The link is in the show notes. It is FREE to you, my listener.

And last...when you can look around you and find things you are grateful for... your mind makes a shift. I would like to encourage you to spend 2 minutes each day making a list. Now I can hear you thinking...but Jane if you only knew my life. I get that. But think about it...isn't there something? Anything? What about the computer or phone you are listening on? How about shelter? Food? Clothes? Maybe even paper and a pencil. I know those things aren't sexy, fashionable or even fun. but they are things that you have and things that you would miss if you did not have them. So, as a result they would go in your gratitude journal. And, just for fun I included a 4 page Gratitude Journal for you today. The link is in the show notes.

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.



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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 \(use code PJ10 for \\$5 OFF\)](#)
- [Happiness vs Joy Art Print](#)
- [Daily Gratitude Journal](#)
- [Random Act of Kindness](#)
- [Quart Size Smoothie Bags](#)
- [Positively Jane Instagram](#)
- [Positively Jane Facebook Group](#)