



MONDAYS

with Mike

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JOY VERSUS HAPPINESS

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. Yes, joy is a choice!

Author and speaker Chris Stefanick reinforces the above by sharing his thoughts on these two words:

Joy is a deeper spiritual disposition. It delights in finding the good. Happiness is circumstantial and in the moment, which lacks depth of any kind. Joy gives us the strength to battle life.

We get what we look for in those battles, and our level of joy equips us to do battle over the long haul or to succumb because we use happiness as our measuring stick.

If we believe positive thoughts and nurture an internal gratitude, even in the midst of challenge and discomfort, we fight better. We truly “fight the good fight.” We “get” to attack what is in front of us!

Our life’s journey is truly a marathon of the daily ebb and flow of emotional and strategic self-talk. Let’s connect all that we engage to something bigger, with more meaning and purpose than the “moment.” There is where our joy will engage and serve us well!

Have a joyful start to your week!