

flow



There is a big difference  
between happiness and joy.

Happiness is a fleeting thing,  
like a visiting hummingbird.



It comes and goes,  
dependent on  
our circumstances  
or our mood that  
morning.





It can be fleeting, though.

Joy, however, is a thing that grows inside us and takes root.





It's a practiced  
thing that's  
learned, that  
sticks around.  
It's a mix of  
gratitude and  
steadiness, and  
so much more.

And it's there for you when  
happiness isn't, to keep you safe  
and steady.

