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Joyce's Journal

A monthly dispatch from Joyce A. Miller, Writer



HAPPY NEW YEAR 2022!

Today is the first blank page of a 365-page book. Let's write a good one!

A new year is like starting a new chapter in your life. It's a chance to write an incredible story about yourself!

Rather than have a new year's resolution, I narrow the focus of a resolution into just one word. It makes things in my life become clearer. Sometimes the word finds me. When I choose my word, I may start to see it everywhere. It may give me insight into areas of my life that I want to change.

My word for 2022 is balance. I'm seeking balance this year because I find myself always going too far in one direction and then I feel bad about it.

This woman approached me in the grocery store and asked if I could help her out. She was living in her car with her two kids, and it was cold outside. I told her I didn't have any cash. She asked if I could pay for her things with my card when I checked out? As I was at the store buying yogurt for my dog, I felt guilty about this woman not being able to buy food for her kids. But at the same time, I wanted to say no. Instead I said okay.

A GLIMPSE OF
WHAT'S INCLUDED:

**What is your word of
the year?**

When we got to the checkout, buried under the bread, juice, package of toilet paper and soup from the deli, all things that I could see her using if she was living in her car--she had a whole chicken, a package of pork chops, and some dish detergent. I thought, she's not living in her car! I should have felt good about helping this woman out, but instead I felt exploited.

I'm a people pleaser, so it's hard for me to say no. But I need more balance in my life. I like to give, but I should receive, too. I want to work hard on my books and writing, but I also want to relax. I want to be responsible, but I also want to be freewheeling at times.

As the bonus for January's newsletter, I'm attaching a pdf printable to help you pick out your word for 2022. Drop me an email or IG message and let me know what your word is!

I live in the Church Hill section of Richmond, VA with my husband and my retired racing greyhound. Before I started writing, I worked for 30 years at a nuclear physics research laboratory.

Show up and shine!



JOYCE A. MILLER, WRITER

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what is your
word of the year?



Fun

Success

LAUGH explore

LOVE

TRUST

Health create

calm

LEAD

HUSTLE

THANKFUL

patience

change

Faith

Heart

Care

Sparkle

WARRIOR

whimsy

Unique

spontaneity

Peace

playful

Sexy

Joy

balance

community

learning STORY

MAGIC

ACTION

family.

JOURNEY

DREAM

Truth

believe

home

kindness

BEAUTY

DIFFERENT

connect

chance

Imagine

Comfort

SMILE

you

Shine

remember

HOPE

Grace