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Joyce's Journal

A monthly dispatch from Joyce A. Miller, Writer



IT'S 2023! THE YEAR OF THE RABBIT!

Do you want to reboot your life, start over with a blank sheet, or make the world a better place?

Rather than have a new year's resolution, I narrow the focus of a resolution into just one word. How do you find a guiding word for the year 2023? Reflect on the past year. What accomplishments did you make this past year? What are the highlights that come to mind? Think about your intentions and goals for the upcoming year. Start listing words that come to mind. Create a short list of about five words and select the one that really speaks to you. Once you've selected your word, try to "live" it!

My word for 2023 is "continue." Continue means to persist in an activity or process. To maintain without interruption. To keep happening, existing, or doing something. To last or endure. To go further in the same direction.

"My wish for you is that you continue. Continue to be who you are and how you are, to astonish a mean world with your acts of kindness." Maya Angelou

"Trust in what you love, continue to do it, and it will take you where you want to go." Natalie Goldberg

A GLIMPSE OF
WHAT'S INCLUDED:

A paper fortune teller so you can pick your word for 2023!

To continue with some items from December's newsletter--the contest winners for the wrapped copies of **Look! You're Dancing** were Tamara and Jan. Thank you for participating!

I'm just about ready to soar and the conditions look great for takeoff. I'm going to continue my path with a worldview. I'm continuing to put what I've learned into use. I'm continuing to work on Corinne Melcher's story and hope to have it finished early this year. Unexpected twists and turns are inevitable, so I will be patient with my progress. The journey is the fun part.

As the bonus for January's newsletter, I'm attaching a pdf printable of a paper fortune teller to help you pick out your word for 2023. Do you remember these? Drop me an email or IG message and let me know what your word is!

To be continued...

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.

Do what you came here for!



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