

# Joyce's Journal

A monthly dispatch from Joyce A. Miller, Writer



## WORD OF THE YEAR 2025

If you've been following this newsletter for a while, you know that every January I pick a word of the year. My word of the year sets my intention for how I want my year to flow.

Last year my word was "desire," a strong feeling for wishing that something would happen. I had a desire for my new novel to become a reality. And I'm very close! The cover and title will be revealed shortly! This leads me to "destination dissonance" - the gap between how I imagined feeling when I reached this goal and how I actually feel as I get there. Writing a novel is such a massive undertaking, and sometimes the reality of finishing can feel quieter than the anticipatory joy I felt at the start.

I want to believe in better things ahead but also I'm tired from maintaining that belief. I have a weary hopefulness, a mix of wanting to look forward while being drained from what came before. So, my word for 2025 is going to be "rekindle." I want to rekindle--to recognize that I can accomplish big things, but I need to gently rebuild my creative fire. I will continue to make art and write to find joy in creation even as the world grows more complicated. Rekindling brings to mind kindling for a fire. I gather small, delicate pieces that catch easily and nurture them into a flame. Too much fuel too fast will smother it. Too little and the fire will go out.

A GLIMPSE OF  
WHAT'S INCLUDED:

**A word cloud so you  
can pick your own  
word of the year!**

On January 7th I'll be interviewed by midlife coach Suzy Rosenstein on her podcast **Women in the Middle: Loving Life after 50**. If you want to get a head start before my episode drops, you can listen to Episode #385 5 Reasons Why You Need a Word of the Year in Midlife.

<https://suzyrosenstein.com/podcast/ep-385-5-reasons-why-you-need-a-word-of-the-year-in-midlife/>

I'll let you know when my episode is available for listening.

I was interviewed in the **Canvas Rebel** online magazine for their **Inspiring Stories Across Industries** series. This is the second interview I've done for them. Here's the link if you want to read it:

<https://canvasrebel.com/rising-stars-meet-joyce-miller/>

As the bonus for January's newsletter, I'm attaching a word cloud of some word of the year suggestions for you. If you choose a word for 2025, please tell me about it in an email; or post it and tag me on social media to let me know!

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!



JOYCE A. MILLER, WRITER

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Persevere Passion  
Renew Discover Dream Unite  
Sustain Innovate Inspire Freedom  
Elevate Mindfulness Thrive Illuminate  
Calm Explore Balance Joy Focus Empathy  
Flourish Adventure Rekindle Peace Integrity  
Wisdom Heal Harmony Create Growth Courage Gratitude  
Nurture Resilience Connect Resolve  
Vibrant Awaken Empower Simplify Reflect Evolve  
Diversity Believe Challenge Breathe  
Transform Kindness