

January:

Word of the Year

January 1
Word of the Year
I put my goal in action.

Several years ago, I started using one word each year as my focus Resolutions had become cumbersome and things always changed during the year. With one word, I could adapt as life zigzagged forward.

Here you can almost see what was going on in my life just by the one word I chose for each of the last five years.

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| Purge | A time to clear mental and physical clutter. |
| Self-love | Take care of myself and think about things. |
| Transition | A lot of changes were headed my way. |
| Focus | Keep my eye on all the newness in my life. |
| Balance | Balance all the areas of my life. |

As I worked through clearing clutter and taking care of myself, I prepared for retirement and a new marriage. In my own mind, I can see how these words seemed to improve with my life each year. I was on the path to joy.

January Challenge: As you look back over prior years, are you able to find yourself in a better place now? Spend some time today thinking about what word would serve you best as you move forward in January and all of the coming year.

What is your word for the coming year that will lead you to discover your own joy?

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Today's Joy: I am forever growing in my knowledge, expertise and wisdom.

January 2
An Amazing New Year
I will follow my joy.

This year is going to be ridiculously amazing!

Goals help keep us focused. And, in order to have my best year ever, I want to concentrate some of my time on self-care. Here are some of my goals.

- This year, I will try to always focus on what is right in my life.
- I resolve to make my life interesting and live in joy.
- I will allow my dreams to direct my heart.
- I will invest in my own joy through self-care.
- I will choose my thoughts with care.
- I will move intently in the right direction for me.
- I will keep my eyes focused on my long-term goals.
- I am willing to change and grow but I will never give up.
- If I am derailed, I will get back on track and keep moving.
- This is my year to shine! All is well!

You can start your new year with joy and laughter by taking care of yourself.!

Self-care is one of the best things you can do to find and preserve your inner joy. What are your self-care goals for the coming year?



Today's Joy: This year, I will be aware of my potential.

January 3
Do Unto Others

I show gratitude by sharing with others.

Yesterday, I focused on taking care of ourselves in this new year. Today, I want to talk about serving others.

This is my personal commitment.

- I will be kind and courteous to everyone I meet.
- I will smile and share happiness every day.
- I will make time to volunteer for community service.
- I will check on my neighbors regularly.
- I will show compassion and share my abundance with those in need.
- I will perform random acts of kindness.
- I will uplift and encourage my tribe of women.
- I will love my neighbors as God loves me.
- I will pray for my family, friends, neighbors and co-workers.
- I will check on friends who are sick or grieving.
- I will walk in joy in hopes that others will join me.

Service to others fills you with a rewarding peace. How can you serve others this year? What are your strengths that you can use to help other people?



Today's Joy: "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets." Matthew 7:12 NIV

January 4
Snow Day
Let it snow!

I met a friend today for lunch and when I looked out the window, it was snowing! Totally unexpected and unpredicted SNOW!

The freshness of the new fallen snow is so beautiful. As I finished my coffee and walked outside, there was a sense of calm and peace in the air. The kids were laughing and playing in the snow. Everyone seemed happy and had a smile on their face.

We're all kids at heart and enjoy a quick little snow burst. In the South, we don't see much snow, and everything shuts down at the first sign of a snowflake.

A snow day is definitely a joyful day!

Can you capture the feeling of a day like this? Place it in your memory bank so you can revisit this day when you need a little boost of joy.



Today's Joy: "Kindness is like snow. It beautifies everything it covers."—Kahlil Gibran

January 5
Choosing Joy Every Day
I choose to be joyful.

I try to choose joy every morning as soon as I am awake.

Joy doesn't simply happen. You have to intentionally choose to be joyful and you have to make that choice every day.

Actually, your joy begins with gratitude and being thankful for all you are and all you have. The more grateful you are on a daily basis, the more joyful you will also be.

Joy comes from deep within your soul. It is finding beauty, happiness, and contentment in everyday things on a daily basis.

Once you're in the habit of choosing joy every day, you will start to feel the change in yourself and the world around you.

And your joy is contagious! As you exude more joy in life, other people around you will begin to also feel more joyful.

How can you choose joy today? What are you grateful for now? Let your gratitude to lead you to enjoy a joyful day.



Today's Joy: "Joy is what happens to us when we allow ourselves to recognize how good things really are."—Marianne Williamson

January 6
Winter Thoughts

I have sunshine in my heart even on a cold winter day.

It was cold today here on the East Coast. I was content being inside enjoying a cup of cappuccino and reading. These winter days are perfect for making plans for spring. Perhaps you're planning a vacation or what to plant in the garden. I have flower seed catalogs spread out on the table to ponder.

Winter is also a time for slowing down and resting. Your mind has time to clear the clutter and dream of something new when the earth warms again in spring. The days are shorter and draw us inside earlier in the evening. Huddling by a blazing fire with a good book is the perfect ending to a day.

This time of year, the moon seems fuller and the stars are brighter. As my husband and I stood on the deck last night, he pointed out the constellations in the sky. The night was quiet. Everything was still and peaceful.

How do you enjoy cold winter days and nights? What are you planning for spring?



Today's Joy: "Winter is a season of recovery and preparation."—Paul Theroux

January 7
A Sign of New Beginnings
I marvel at the sight.

The holidays are over, the weather here is cold with a chance of snow, and life has settled back into a familiar pattern. I have two large camellia bushes; one is deep red and the other one is cream white. When I look out the back windows and see these two bushes covered in red or white blooms, my heart skips a little ahead

Depending on where you live, camellias bloom through the winter and into the spring. Mine are usually in spectacular full bloom in January each year. Amidst our winter weather, the camellias offer a sign of new beginnings. It is a new year and there is hope for splendid days ahead. I will cut some of the flowers and bring them inside to enjoy some of their magic here.

What are the first flowers you have blooming in the new year? Let them warm your heart and give you hope for a good year.

It's the end of the first week of January. Do you feel yourself moving closer to joy? Remember to use gratitude every day. Even try to be thankful for the storms in your life. They teach you a lesson, build strength, and help you appreciate better days ahead.

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Today's Joy: "Where flowers bloom, so does hope." —Lady Bird Johnson
