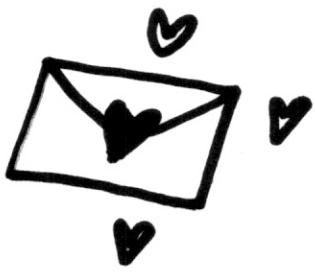


PEGSVILLE POST

JANUARY 2020



Welcome to the very first issue of the new snail mail version of my newsletter!!! I'm thrilled that you signed up. THANK YOU SOOO MUCH! I hope you love this newsletter, but if you don't, you can unsubscribe at anytime. Just email me at peg@pegcheng.com. Cool, now on with the show!

Word for the Year:



I don't even pick a word as my theme for the year, but after reading someone's article about it, I decided to do it. The first word that popped into my mind and stayed there was RADICAL.

It's interesting because I only had an inkling of how my life was going to change in January but somehow I knew and wanted that change to be RADICAL — to be more extreme and also at the same time, awesome.

Do you start your new year with a special word or theme or song? What is it? Tweet it and tag me @pegcheng or email me. I

SONG for the Year:

I also chose a song for the year after reading how my tarot reader, Theresa Reed (The Tarot Lady — she's incredible by the way!), does this on New Years Eve every year. She picks the song, then listens to it at midnight on December 31. It's a powerful way to start the new year. I chose again the 1st song that popped into my mind when I read Theresa's tip. It was "Under Pressure" by QUEEN and David Bowie. It's one of my favorite songs of all time. The part that really gets me is the chorus.

Can't we give ourselves one more chance?
Why can't we give love that one more chance?
Why, can't we give love, give love, give love,
give love, give love, give love, give love,
give love, give love...

And the ending to the song just kills me.

...love dares you to change our way of caring
about ourselves.

This is our last dance.

This is ourselves... Under pressure.

Under pressure. Pressure.



Lawd, that song is just IT for me!!! YAYY!!!

Do you have a song for the year? Do you have a song that you like to listen to when you need a little lift-me-up or a push to keep going over if you feel doubts or are scared? I hope so. And I hope you will listen to it after you read this newsletter.

:RADICAL MOVES:

I want more time every day. I want less stress. I want more joy. I want less annoyance.

These are all the things I've been feeling lately and they've been giving me insomnia. ☹️ Yes, a general feeling of unease has been keeping me up at night. And every morning, I'd wake up & want to check my Twitter & my Instagram & I knew that just wasn't right.

So, I started making drastic moves — RADICAL moves — to alter my everyday existence and routine.

I wanted to move toward more ANALOG habits and away from DIGITAL ONES. Here's what I did. [3]



- * I unsubscribed from Netflix. 
- * I let go of Instagram. 
- * I deleted most apps from my iPhone.
- * I still love Twitter but I only do it from my computer & only MON - FRI.
- * I stopped replying to texts for hours & days (only replying fast if it was truly urgent which most texts are not).
- * I stopped replying to emails (unless urgent) for 3 - 7 days. This is HUGE for me! I used to answer all emails within 24-48 hours.
- * I started reading "Digital Minimalism" by Cal Newport and was blown away by what I found there and how it confirmed my feeling that digital practices (and addictions) were slowly but surely degrading my focus, attention span, and life in general. HIGHLY RECOMMEND this book if any of this is resonating with you.
- * I get together with a friend or friends at least once a week.
- * I only check Twitter (& sometimes LinkedIn) once a day, MON - FRI.
- * MARCUS and I are now trying to not work on weekends and instead truly relax, play & have fun for two days in a row!  4

So what have all these RADICAL moves resulted in after one month?

- ★ more free time!
 - ★ Less stress!
 - ★ Less Annoyance!
 - ★ more opportunities to do things that bring me joy! * * *

It is REMARKABLE. I didn't think I'd feel this much better this fast but I do. I'm still going too. Next is decluttering my bedroom then my closets then my garage. But all in due time. Right now I'm just trying to enjoy the time I have to walk more, read more, and draw more.

MY MONEY BOOK

I'm writing a book that details how I will be a millionaire when I retire (at age 66) but I've only made an average annual salary of \$27,000 per year. It is both super exciting to write this book but it's also anxiety provoking. 😊😊 I'm hoping to release it in late MARCH of this year.

Stay tuned! You'll hear more about it on my blog (peg.cheng.com/blog) and in the next Pegsville Post newsletter. # 5

Upcoming EVENTS & WORKSHOPS



I'm so happy to be teaching more this year!

Here are my upcoming events. Hope to see you at one or some of them. ☺♥



★ THE INF SUMMIT: Feb 7-16, 2020.

Register starting Feb 1 @ infsummit.com

FREE! Watch great & informative interviews, with writers + creatives. I'm one of them! ☺

★ FEAR & WRITING WORKSHOP: APRIL 4, 2020.

2-4 PM. LITERARY ARTS, PORTLAND, OR.

Register @ pegcheng.com/events. \$35.

★ INTUITIVE POETRY ART WORKSHOP WITH ME & MARCUS DONNER ☺

MAY 13, 2020 @ Greenwood Senior Center. \$10.

AND MAY 17, 2020 @ Seattle ReCreative. \$30.

Registration available soon. Check my Events

page @ pegcheng.com/events in late February. ☺

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Hope you enjoyed this newsletter! I enjoyed writing & drawing it for you. ☺ Please feel free to pass this on to a friend. Help me spread the word about the Pegsville Post! If you just got this copy, you can

subscribe at pegcheng.com/contact. Thanks! ☺, Peg