

# THIRTY-ONE DAYS OF VICTORY • MAY 2012

## CELEBRATING YOU DURING VICTORIOUS WOMAN MONTH

### LOVE YOUR LIFE AND LIVE VICTORIOUSLY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Thirty-One Days of Victory</b> Compliments of the <b>Victorious Woman Project™</b> ©AnmarieKelly2012 All Rights Reserved.</p>		<p><b>1</b> <b>PLAN A VICTORY PARTY</b> Make it easy &amp; cheap: pick a date and place, send evites, ask friends to bring 1 food, 1 wine &amp; 1 victory story — all to share.</p>	<p><b>2</b> <b>COUNT YOUR BLESSINGS</b> Write 5 things you're grateful for, add one a day all month. Notice changes.</p>	<p><b>3</b> <b>Brighten Your Future</b> Name one regret you have. What can you do now to make it right? <b>DO IT!</b></p>	<p><b>4</b> <b>LIGHTEN UP!</b> Clean out your clothes closets and storage; Help others by donating items to a woman's shelter</p>	<p><b>5</b> <b>GROW VICTORIES</b> Research studies show growing flowers (indoors or out) improves your mood, &amp; makes you feel more positive, compassionate &amp; energetic. Get some today.</p>
<p><b>6</b> <b>BATH THERAPY</b> Treat yourself to a calming bath. Soothe your spirit by adding 4 cups Epsom Salts &amp; 10 drops Lavender Oil.</p>	<p><b>7</b> <b>START A VISION BOOK</b> Start with magazines, mail, &amp; online, cut pics or words that inspire you. Put in notebook. <b>Dream daily.</b></p>	<p><b>8</b> <b>GET SMART!</b> Studies reveal that light-hearted 10-minute chats boost cognition. Chat about victory &amp; boost confidence! Call a friend!</p>	<p><b>9</b> <b>MOVIE NIGHT</b> Meet w/friends for a mid-week chick flick, potluck dinner &amp; fun!</p>	<p><b>10</b> <b>RECESS</b> Remember how much fun recess &amp; free periods were? Give yourself a 60" timeout for fun!</p>	<p><b>11</b> <b>BUILD CONFIDENCE!</b> List 10 times (<i>or more</i>) when you succeeded. Look at it: You did it then, you can do it again!</p>	<p><b>12</b> <b>VICTORY BELOW!</b> Empty your underwear drawer. Toss anything old/ratty/ugly. <i>Buy pretty new ones!</i></p>
<p><b>13</b> <b>MOTHER'S DAY</b> Call your Mom or a Mom "surrogate" &amp; thank her!</p>	<p><b>14</b> <b>VICTORY BUCKET</b> Make a list of <b>100 fun</b> things to do/places to go before you die. Make yourself laugh &amp; get inspired!</p>	<p><b>15</b> <b>LIGHTEN YOUR HEART!</b> Forgive someone who hurt or offended you. It's true: it benefits you more than them!</p>	<p><b>16</b> <b>GET PHYSICAL</b> Make appointments for physical &amp; dental exams, include blood tests for thyroid, hormones, Vitamin D and cholesterol</p>	<p><b>17</b> <b>FOCUS</b> Give up multi-tasking for a day &amp; focus on staying <b>present</b>. See if you feel less stressed and if you get more done.</p>	<p><b>18</b> <b>Say 'NO' Day</b> Who or what do you usually give in to when you'd rather not? <i>Victory Up!</i> Say 'no' today!</p>	<p><b>19</b> <b>Connect with the Victory-Minded</b> Like Victorious Woman Project on FB <a href="http://on.fb.me/gXiCCc">http://on.fb.me/gXiCCc</a></p>
<p><b>20</b> <b>SAY "YES!" DAY</b> Say "YES" to everything— a daring invitation, a special event, a fun inspiration; Take ACTION and DO IT!</p>	<p><b>21</b> <b>WEALTHY FUTURES</b> Be serious about tomorrow: Make a budget that helps you live beneath your means so you can fund your IRA and save cash</p>	<p><b>22</b> <b>SHARE VICTORY</b> Become a mentor at work or in your organization— <i>Help someone else become victorious!</i></p>	<p><b>23</b> <b>VICTORY PARTY!</b> Celebrate past and present Victories. Have fun! <a href="http://bit.ly/Jgs6eg">http://bit.ly/Jgs6eg</a></p>	<p><b>24</b> <b>VICTORY BUCKET</b> Take 1 item from your Victory Bucket and make a plan to do it.</p>	<p><b>25</b> <b>EMBRACE FAILURE</b> Failure is a learning station on your road to success.</p>	<p><b>26</b> <b>FIND YOUR JOY</b> What's one place or activity that gives you <b>JOY</b>? Plan to go there or do it <b>TODAY!</b></p>
<p><b>27</b> <b>TREAT YOURSELF</b> Reward yourself for past victories. Get a favorite treat or beautiful flowers!</p>	<p><b>28</b> <b>Memorial Day</b> <b>Remember our vets</b> Lift a glass to the spirited military women who did and are serving your country.</p>	<p><b>29</b> <b>ATTITUDE COUNTS</b> Track today's positive &amp; negative thoughts - notice which you do more and if they make you feel more or less energized.</p>	<p><b>30</b> <b>INSPIRE YOURSELF</b> Go to the library and take out the biography of a Victorious Woman you admire &amp; read about her</p>	<p><b>31</b> <b>FRESHEN UP</b> <b>CLEAN OFF YOUR DESK OR CLEAN OUT THE REFRIGERATOR TODAY!</b></p>	<p><b>VICTORIOUS WOMAN! SHAPING LIFE'S CHALLENGES INTO PERSONAL VICTORIES</b> by Anmarie Kelly <b>READ IT TODAY</b></p>	<p><b>FOLLOW THE VICTORY</b> <b>Facebook:</b> <a href="http://on.fb.me/gXiCCc">http://on.fb.me/gXiCCc</a> <b>Twitter:</b> <a href="http://on.fb.me/gXiCCc">@VictoryLady</a></p>