

THIRTY-ONE DAYS OF VICTORY • MAY 2014

CELEBRATING YOU DURING VICTORIOUS WOMAN MONTH

LOVE YOUR LIFE AND LIVE VICTORIOUSLY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Thirty-One Days of Victory Compliments of the Victorious Woman Project™ ©AnmarieKelly2014 All Rights Reserved.</p>	<p>VICTORIOUS WOMAN! SHAPING LIFE'S CHALLENGES INTO PERSONAL VICTORIES by Anmarie Kelly</p>	<p>SMALL CHANGES AND LITTLE STEPS RESULT IN BIG VICTORIES</p>		<p>1 PLAN A VICTORY PARTY It's easy & cheap. Pick date & place, make it Potluck and BYOB, bring a victory story to tell. HAVE FUN!</p>	<p>2 COUNT BLESSINGS Write 5 things you're grateful for, add 1/day all month. Notice changes!</p>	<p>3 PLANT BASIL Basil looks pretty, smells great (like victory!), keeps bugs away, & can be grown in pots on your porch.</p>
<p>4 BATH THERAPY Treat yourself to a calming bath. Soothe your spirit by adding 4 cups Epsom Salts & 10 drops Lavender Oil.</p>	<p>5 START A VISION BOOK Use magazines, mail, & online to find pics or words that inspire you. Put in notebook. Vision daily.</p>	<p>6 GET SMART! Studies reveal light-hearted 10-min chats boost cognition. Chat about victory & boost confidence! Call a friend!</p>	<p>7 SIMPLIFY SCHEDULES Start a shared calendar for home or work. Co-zi.com is a free one.</p>	<p>8 RECESS Remember how much fun recess & free periods were? Give yourself a 60" timeout just for fun!</p>	<p>9 BUILD CONFIDENCE! Write down 10 examples of your success. Remind yourself: "I did it then, I can do it again!"</p>	<p>10 VICTORY BELOW! Empty your underwear drawer. Toss the old/ratty/ugly ones. <i>Buy new pretty ones.</i></p>
<p>11 MOTHER'S DAY Call your Mom or a "Mom surrogate" & thank her!</p>	<p>12 VICTORY BUCKET Create a list of 100 fun things to do/places to go. Get inspired! Plan a special day now.</p>	<p>13 LIGHTEN YOUR HEART! Forgive someone who hurt or offended you. It's true: it benefits you more than them!</p>	<p>14 GET PHYSICAL Make appointments for physical & dental exams, include blood tests for thyroid, hormones, Vitamin D and cholesterol.</p>	<p>15 FOCUS Give up multi-tasking for a day & focus on staying present. See if you feel less stressed and if you get more done.</p>	<p>16 'NO' Non-sense Do you say 'yes' when you want to say 'no'? Make today for practice: Say 'no' today!</p>	<p>17 Connect with the Victory-Minded Follow @VictoryLady and "like" Victorious Woman Project</p>
<p>18 SAY "YES!" DAY Say "YES" to everything—a daring invitation, a special event, a fun inspiration; Take ACTION and DO IT!</p>	<p>19 RETIRE WEALTHY Make a budget, fund your IRA, save cash, join/start an Investment Club; See betterinvesting.org</p>	<p>20 SHARE VICTORY Become a mentor at work or in your organization—<i>Help someone else become victorious!</i></p>	<p>21 GIRLFRIEND GALA! Celebrate past and present Victories with friends. Have fun!</p>	<p>22 BUY STRAWBERRIES Great for your skin, thyroid, & getting Vita-C. Eat plain, mix w/oranges, or pour over pound cake</p>	<p>23 DELEGATE Delegate chores to family members. Involve them in both home & work. Work to live, not vice versa.</p>	<p>24 FIND YOUR JOY What's one place or activity that gives you JOY? Plan to go there or do it TODAY!</p>
<p>25 PUT YOURSELF FIRST Reward yourself for past victories. Get a favorite treat or beautiful flowers!</p>	<p>26 Memorial Day Remember our vets Lift a glass to the spirited military women who did and are serving your country.</p>	<p>27 Brighten Your Future Name one regret you have. What can you do now to make it right or change how you feel? DO IT!</p>	<p>28 INSPIRE YOURSELF Go to the library. Take out the bio of a Victorious Woman you admire & read about her life.</p>	<p>29 FRESHEN UP CLEAN OFF YOUR DESK OR CLEAN OUT THE REFRIGERATOR TODAY!</p>	<p>30 LIGHTEN UP! Clean out your clothes closets and storage; Help others by donating items to a woman's shelter.</p>	<p>31 ATTITUDE COUNTS Glass half-empty or half-full? It makes a difference! See attitude tips on the VictoriousWoman.blog for VictoriousWoman.blog April 2014</p>