

# The 21-Day Victory Challenge

## Small Changes...Big Results

**Day 1:** COUNT YOUR BLESSINGS: Write 5 things you're grateful for, add one a day all month and notice the changes.

**Day 2:** LIGHTEN UP! Binge watch your favorite funny movies tonight.

**Day 3:** DECLUTTER. Clean out your clothes closet. Help other women by donating better items to a woman's shelter, the rest to Salvation Army

**Day 4:** PLANT A VICTORY GARDEN: Plant some herbs, tomatoes, or flowers and as each one goes into the ground, visualize your next victory... and then watch as they grow—and your victories with them!

**Day 5:** BATH THERAPY: Treat yourself to a calming bath. Soothe your spirit by adding 4 cups Epson Salts & 10 drops Lavender Oil.

**Day 6:** GET SMART! Studies reveal light-hearted 10 min chats boost cognition. Chat about your recent struggles and victories with a dear friend!

**Day 7:** THINK ABOUT YOUR LEGACY. You're a fly on the wall, listening to your grandkids talking about you. What do you hope they're saying?

**Day 8:** BUILD CONFIDENCE! Write down 10 examples of your success. Remind yourself: "I did it then, I can do it again."

**Day 9:** INSIDE OUT PRETTY. Empty your underwear drawer. Toss the old/ratty/ugly pieces. Treat yourself to new and pretty undies!

**Day 10:** START BUILDING YOUR VICTORY BUCKET: Create a list of 20 fun things to do or places to go before you die. Add to them all month. Plan at least one thing that's easy you can complete within a week.

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## Small Changes...Big Results

**Day 11: LIGHTEN YOUR HEART!** Forgive someone who hurt or offended you. It's true: it benefits you more than them!

**Day 12: GET REFRESHED.** Go to bed an hour earlier tonight.

**Day 13: SAY "YES!" TODAY!** Say "YES" to everything—a daring invitation, a special event, a fun inspiration. Tell us what happens.

**Day 14: BUY STRAWBERRIES.** Today. Great for your skin, thyroid, & full of Vitamin C. Eat plain or over angel food cake with whipped cream!

**Day 15: REMEMBER YOUR JOY.** What's one place or activity that gives you JOY? Plan to go there or do it TODAY.

**Day 16: PUT YOURSELF FIRST.** Reward yourself for past victories. Get a favorite treat or buy yourself some flowers!

**Day 17: GIVE YOURSELF A MINI-MAKEOVER.** What's one thing you wish you would have or could have done. Pick a date you'll take action. DO IT.

**Day 18: FRESHEN UP.** Take 15-20 minutes today and CLEAN OFF YOUR DESK. Tell us how it feels and how you feel when it's done.

**Day 19: VICTORY JOURNAL.** Tell us about one of your past victories and how it changed your life!

**Day 20: LIGHTEN YOUR LOAD!** Clean out your handbag or your car.

**Day 21: FULL MOON:** Things come to light at the full moon! Go outside, bask in the moonlight and visualize your next success.

**CONGRATULATIONS! YOU DID IT!**

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