

# THIRTY-ONE DAYS OF VICTORY • MAY 2020

CELEBRATE 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 Victorious Woman Project ©AnnamarieKelly2020 All Rights Reserved.</p>	<p><b>Books</b> by Annmarie Kelly <i>VICTORIOUS WOMAN</i> <i>VICTORY BY DESIGN</i> <i>THE FIVE-YEAR MARRAIGE</i></p>	<p><b>SMALL CHANGES AND LITTLE STEPS RESULT IN BIG VICTORIES</b></p>			<p><b>1</b> <b>PLAN A VICTORY PARTY</b> Pick a date to zoom a Happy Hour with your favorite girlfriends</p>	<p><b>2</b> <b>ATTITUDE RETHINK</b> Glass half-empty or half-full? Research proves it matters!!</p>
<p><b>3</b> <b>DELEGATE</b> Delegate chores to family members. Get them involved in your life both at home &amp; at work. Work to live, not vice versa!</p>	<p><b>4</b> <b>GET DIRTY!</b> Spend time planting in your garden...flowers, basil, tomatoes</p>	<p><b>5</b> <b>BATH THERAPY</b> Soothe your spirit by treating yourself to a calming bath: 4 cups Epson Salts and 10 drops Lavender Oil.</p>	<p><b>6</b> <b>CREATE A VISION BOOK</b> Use magazines, mail, &amp; go online to find pix and words that inspire you. Arrange in a notebook. <b>Vision daily!</b></p>	<p><b>7</b> <b>SMART&amp;SAVVY!</b> Light-hearted 10-min chats boost cognition and confidence. Call a friend and chat about your victories</p>	<p><b>8</b> <b>Share Victory</b> Order a takeout meal or gift card from your favorite restaurant.</p>	<p><b>9</b> <b>VICTORY BELOW!</b> Make time to empty your underwear drawer. Toss the old/ratty/ugly ones. <i>Buy new pretty ones.</i></p>
<p><b>10</b> <b>MOTHER'S DAY</b> Call your Mom or a "Mom surrogate" &amp; THANK HER</p>	<p><b>11</b> <b>VICTORY BUCKET</b> List <b>10 fun</b> things to do/places to go when social distancing is in the past.</p>	<p><b>12</b> <b>Silver Linings</b> Think up 3 "silver linings" related to being in Covid Confinement</p>	<p><b>13</b> <b>GET PHYSICAL</b> Make appointments for physical &amp; dental exams, include blood tests for hormones, Vitamin D, thyroid, and cholesterol.</p>	<p><b>14</b> <b>Find Your Happy</b> Make a point to find 5 things to be happy about now.</p>	<p><b>15</b> <b>'NO' DAY</b> Do you say 'yes' when you want to say 'no' ? For today practice 'no' <b>Say 'no' today!</b></p>	<p><b>16</b> <b>DANCE PARTY!</b> Crank up your favorite tunes and dance like nobody's watching!</p>
<p><b>17</b> <b>'YES' DAY</b> Say "YES" to everything— a daring invitation, a special event, a fun inspiration; Take ACTION and DO IT!</p>	<p><b>18</b> <b>COMPLIMENTS</b> Find a way to give 5 people sincere compliments today</p>	<p><b>19</b> <b>PLUS YOURSELF</b> Instead of being self-critical, <b>every hour</b> find a way to "plus" yourself.</p>	<p><b>20</b> <b>Connect with other Victory Chicks on FB @Victory Chicks Community</b></p>	<p><b>21</b> <b>STRAWBERRY DAY</b> These sweet treats are low-calorie and great for both overall health and youthful skin.</p>	<p><b>22</b> <b>FIND YOUR JOY</b> What's one place or activity that gives you <b>JOY</b>? Make a plan to go there or do it asap</p>	<p><b>23</b> <b>DECLUTTER DAY!</b> Clean out your clothes closets and storage; Help others by donating items to a woman's shelter</p>
<p><b>24</b> <b>PUT YOURSELF FIRST</b> Get a favorite treat or beautiful flowers!</p>	<p><b>25</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>26</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>27</b> <b>INSPIRE YOURSELF</b> Go to Libby, your library's online audio bookshelf. Download something that inspires or encourages</p>	<p><b>28</b> <b>GET FRESH</b> <b>CLEAN OFF YOUR DESK OR CLEAN OUT THE REFRIGERATOR TODAY!</b></p>	<p><b>29</b> <b>BOOST VICTORY!</b> Write down 10 past victories. Remind yourself: <b>"I did it then, I can do it again!"</b></p>	<p><b>30/31</b> <b>CELEBRATE YOUR MONTH OF VICTORIES AND SHARE WITH OTHER VICTORY CHICKS</b></p>

**LOOKING FOR A SPEAKER FOR YOUR NEXT EVENT? CALL ANNMARIE KELLY - 610-738-8225**