New Year, New You!

What you want to do with the brand new baby year ahead? It's yours to mold and shape into your happiness and success. What will you do with it?

Here are five questions to help you get started. Use this workbook to explore your answers to these questions. You'll be able to discuss these on a live zoom call, or in a private Facebook Group.

When I ask my groups to answer this one, many Victory Chicks are surprised by

1. What is happiness?

their own answers. It's foundational because, once you know what it is, your focus can change and you can more easily get more juiced and jazz in your life.					



2. What is success?

Covid probably made you rethink successs, so what is it now? Maybe Covid Confinement – or an illness, lost job, or empty nest - made you reevaluate your work and is pushing you in a new direction? Or maybe you realized you need to reset your relationship.



3. What are 5 things that fill me up?

Again, once you define these, you can fill yourself up more often.				



4. What are 5 things that make me feel special?

This one is as much for the others in your life as it is for you. I share mine with my sweetieso he doesn't have to guess about how to make me feel special.				



5. When I'm feeling my own personal power, what am I doing?

Do you feel your power when you're working and complete a job? Or is your power found in some form of artor volunteeringor activismor being a role model to your kids?						

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Next Steps.

Join me for a live zoom call on November 10th, 2020 from 2pm-3pm EST. Use this link to register:

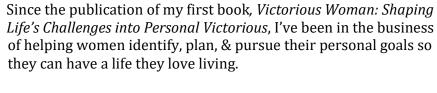
https://zoom.us/meeting/register/tJllc-2trTwoGtJNPIcyEWxj3DhkYT4aw2-U

You can also join me in the Victory Chicks Community Private Facebook group, where we'll be discussing the answers to these questions. Use this link to join: https://www.facebook.com/groups/569757436525400



Hi! I'm Annmarie Kelly

I'm an author, speaker, and victory strategist. Prior to starting The Victorious Woman Project I was a Leadership Expert with Skillbuilders Systems. For 20 years I provided management development & communication skill-building for corporate professionals.





Through workshops, seminars and small group coaching, I guide women through exercises that help them reconnect with their inner passions, and create a realistic, concrete plan. I also teach them strategies to overcome common hurdles and hang-ups while providing accountability, inspiration and motivation. Many of those techniques are discussed in my second book, *Victory by Design*.



With the publication of my third and latest book - *The Five-Year Marriage: Shifting the Marriage Paradigm* - I expanded my empowerment work to include relationships.

If you feel like there's more for you, but you aren't sure what that 'more' is or how to get there, please message me! It's never too late to make a positive change!