

The VICTORIOUS WOMAN PROJECT

You CAN have more of a life you'll LOVE LIVING!

Victory Tips for Dazzingly Desirable Dowshifting



You won't be going quietly into that dark night, will you? Of course not! Not you! You still have passions you want to explore and itches in your soul that you want to scratch. With so many hopes and desires, it's easy to get distracted. **We'll show you how to get it all done and have fun doing it!**

Your Legacy in One Sentence a Day

One day, Sue, a long-time neighbor and I were talking. Sue's in her early 70's and has had quite a life. She has great stories and I love hearing them. Over a couple glasses of wine, we laughed about things going on in her life and in mine. Then, seemingly out of the blue, Sue said, "someday you're going to look back and remember what an interesting life you've lived." *HUH?*

I must have gotten a funny look on my face, maybe it was a puzzled look. I was recovering from a torn rotator cuff repair, still wearing a sling and still sleeping in a recliner. The night before the surgery, the clothes washer overflowed and flooded into the living room below. The walls and ceiling had been removed to prevent mold and hadn't yet been replaced.

At the same time, I'd just met artist Jamie Wyeth, a long-time celebrity crush. Also, I'd recently interviewed Dawn Wells (Mary Ann from Gilligan's Island) along with many other interesting women.

Like most women – probably you too – I think of my life is just regular, with normal ups and downs. Sue must have noticed because she said "I know you don't realize it now but someday you will." I enjoyed Emcee Neil Patrick Harris. In fact, the day before, I watched a Doogie Howser marathon. *Yes, I did...* almost all afternoon while Joseph and I were sorting out papers for our taxes. Even when he was teenage Doogie, he was really talented.

In my opinion, there was too much political stuff. I know, I know. It's a perfect way to reach a huge number of people all at one time. But you and I don't watch awards shows for the lectures. We watch them to be entertained. The winners and performers should cut that political stuff out and give us viewers what we really tuned in to see – a fun show.

What *was* entertaining was Lady Gaga's tribute to the 50th anniversary of the Sound of Music. She was so fabulous! While her typical costumes and antics are part of Gaga shtick, on Oscar Sunday, Lady

Gaga showed everyone that she really has the pipes!

Then the icing on the cake was Julie Andrews, looking great at age 79, coming out at the end of Gaga's performance to present the next award. For most of us, Julie Andrews played a big part in our childhood or teen years. We grew up with Maria Von Trapp & Mary Poppins. We learned how to say supercalifragilisticexpialidocious & have fun with it.

On Oscar night, it was touching to watch Julie Andrews hugging Lady Gaga (I'm guessing Gaga is old enough to be her granddaughter) and thank her for the tribute; it brought tears to my eyes.

When Julie Andrews finally spoke to the audience, she remarked on it being 50 years. And she said something about doing the movie one day and "then I blinked and here I am." I remember my mom saying something like that too. And I get it now – *you probably do too, huh?*

Later that night I was thinking about what Sue said. I thought that my mom would have said she had a regular life too. But when she died, I realized how much happened during her lifetime, both her personally and in the world. I was amazed.

I think that's what's so good about keeping journals and making scrapbooks. But each year, in spite of good intentions to journal, I write so much that I don't want to make the time and I stop.

After the Oscars, Julie, Doogie and Sue all meshed together when I remembered how, at the end of each day, Doogie wrote a sentence about his day in his online journal. I thought, "*I could do that too – just a one-sentence recap of my day.*"

The next morning I got out one of my many half-used journals and decided to write just one sentence about my day, each day. So far I've been doing it. And I notice I'm being more mindful of what's happening around me - even if it's just for one minute.

Now I'm passing the idea on to you. I'll bet you can write ***just one sentence*** a day. In fact, *I know you can!* And I hope you do because, as the older folks say, it goes so fast.

In 20-30 years, you (or your kids or grandkids) will love reading that collection of sentences. It'll be a piece of your legacy!

So do it. Get one of your old journals out now and write just one sentence today, one tomorrow, one the next day...



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About Annmarie Kelly



Annmarie Kelly has firsthand knowledge of the transformative power which determination & motivation can have in a person's life. While growing up in Havertown Pennsylvania, Annmarie was shy & introverted. She became a teacher at a local Catholic School and started to come out of her shell. She was engaged at twenty-two and was on course to follow a "traditional" life path. But a few months before the wedding, she broke off an engagement and started rethinking her life course. During that time, Annmarie realized she was following a path that could only lead to disappointments, regrets & lost opportunities. She made significant changes & her persistent efforts paid off. They enabled Annmarie to BE more, DO more & HAVE more of the kind of life that, on her old course, would only have been a dream. Now Annmarie helps other women do the same, helping them get inspired and empowered while building the skills they need to:

- handle adversity
- transform obstacles into opportunities
- achieve positive change both at home and at work, and
- become leaders in their lives, careers and communities.

With energy, empathy and a "yes, you can do it" attitude, Annmarie helps her audiences, readers, and clients find inspiration and direction and build skills so that they can shape their challenges into new beginnings...and fabulous victories.

Annmarie Kelly is the CEO of The Victorious Woman Project for women's empowerment and SkillBuilder Systems, focused on leadership and management development and communication skill-building. Annmarie is the author of three books: *Victorious Woman! Shaping Life's Challenges into Personal Victories*, *Victory by Design* and *Five Year Marriage* (2016), Host of the Friday Happy Hour on WCHE1520 in West Chester PA, founder of the annual Victorious Woman Writing Contest (October) and The Girlfriend Gala (May), a Literacy Hero nominee and has received the:

- ASTDPHL Leadership Award
- International Women's Day Outstanding Service Award
- President's Call to Service, awarded by President Barack Obama

Annmarie grew up in the Philadelphia suburbs living in Havertown, Aldan and Drexel Hill. As a kid and young adult, Annmarie enjoyed being "down the shore" in Wildwood, Avalon or Cape May, New Jersey. That's still where she goes for getaway weekends. But a part of her heart is always in Maine, where she and her spouse, Joseph, have been vacationing for the past twenty years. Annmarie is an avid Phillies fan and has been since her father first took her to a Phillies game when she was five years old. Since moving to Chester County in 1998, she's been active with the community, including supporting local charities through the annual Girlfriend Gala, held each year during May's Victorious Woman Month. She loves traveling, ballroom dancing and spending time with Joseph and her friends

To book Annmarie for a Keynote or an interview, call her at 610.738.8225, Annmarie@AnnmarieKelly.com

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