

The VICTORIOUS WOMAN PROJECT

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

Victory Tips for Your Marvelous Mid-life Makeover



Do you feel like you're running out time?
That it's almost too late to fulfil those dreams of yours?
Don't give up yet!

No matter what's happened, you can still **take control of your life** and stretch into the fabulous-ness that your soul is yearning for. Here's where you can get you started ...and keep going!

What Color is Your Makeover?

Never thought of your makeover in color? Think about it for a minute now. Close your eyes and picture a stage with a black curtain. Behind the curtain is your makeover. When the curtain opens, what will you find? What colors will you see?

When you think of your makeover, do you see somber browns, grays and blacks or do you see energetic colors like luscious lemons, razzmatazz reds, or gadzook greens?

Believe it or not, the success of your Midlife Makeover may depend on the colors you envision. Here's why:

Whether you decided you need a makeover *or life decided it for you*, any type of makeover indicates a change. What you *think* about the change is reflected in your words. How you *feel* about that change is reflected in color (that's particularly true for women). Your feelings generate the inspiration, motivation and energy to take the actions necessary to make your words work.

The colors you see around your makeover could reveal your inner feelings and the inner scripts that are the true determiners of your success. By analyzing those inner scripts, you can decide whether you're heading in the right direction of your happiness or if you are settling for what you can get instead of going after what you really want.

For example, if what you say you want is something new and fresh, but you see your makeover in browns or grays, that could reveal a deep need for stability, dependability or sameness. It could also signal depression or fear of change. You might not have noticed any of those feelings consciously. However, if you have those feelings, you want to acknowledge and honor them. Then you want to deal with them.

In that way, color can help you get in touch with a side of your inner self that's been buried. Otherwise, you could plow ahead and, all the while, subconsciously be sabotaging yourself.

Also, colors can indicate feelings of hope or action. Oranges are playful. Purples may show a need for spirituality or power. Greens signal growth and abundance. Blues are peace. If you are thinking in terms of bright or bold colors, you are likely to be energizing yourself.

Over the years, and through more than one makeover, I've used color to help me move forward. One of the ways I use it is in conjunction with a vision board or vision book.

One year, when I was struggling with life and work and hated my job, I used a vision board to turn my life around. What happened was that I had a performance review during which the boss told me I wasn't doing well. It wasn't a surprise. It was in IT – never my strength. I took the job because I needed the money after leaving a business partnership that wasn't serving me either personally or financially.

Already dealing with low confidence, the idea of getting fired, at a time when I really needed the money, shook me to my core. I was so unnerved that I could barely work or drive home at the end of the day. When I got home, I couldn't eat dinner. I didn't call friends because I was embarrassed. I felt like such a failure that I didn't know what to do with myself. So I took a walk to clear my head.

While I was walking, I came to realize I was at the bottom of the pit, worrying myself sick about a job I didn't even like. That's when I realized I had no place to go but up.

Returning to my apartment, I got out magazines and started thumbing through them. I tore out pictures and words that reflected the life I *wanted* to live instead of the one I *was* living. It was after 4am when I stopped, and only because I couldn't keep my eyes open any longer. I looked at the clock and realized I only had time for a nap before I had to go to work.

Catching a catnap on my light blue sofa, I slept just about an hour. When I woke up, I looked at all the words and pictures strewn all over my living room floor. What a difference from the night before! All the bright colors popped out and energized me. My whole attitude changed. I was able to face the grim work day with hope instead of depression. To this day, I believe it made all the difference in the world.

That day, I worked but felt better about everything. On my way home, with my newly found optimism, I bought a red poster board and arranged the pictures and words. Then I used brightly colored ribbons to separate the pictures into sections. Red, pink, and orange were the colors of my makeover.

I worked that vision board for almost a year. It wasn't long before I started employing other energy and confidence boosting techniques.

Gradually I started to do better at my job. The boss created a new position for me within my department, one which enabled me to best use my strengths. Meanwhile, without the fear of

losing my job and knowing I had a steady paycheck (in fact, I even got a small raise!), I was less stressed. I could think better.

Before long I was looking for jobs in my field of training and development. Within the year, someone in my network told me his company was looking for someone to create and manage their corporate university. The interview process was long and hard, and the competition stiff, but that position was perfect for me and I knew it. I got the job!

Several years later the company was sold to a larger company and I lost my job. But by then I was already on my next vision board and working with my new future. I'd married too and my spouse and I had plans to start our own businesses. It wasn't easy in those early years, both of us pursuing our passions without any steady income. But the risk paid off for both of us, both individually and as a couple.

What about you?

Whether your midlife makeover feels like it's the end of the world or a new beginning, it doesn't matter. Either way it means change, and change is always a challenge, even when it's a good change. But when you see focus on what you want and make choices consistent with those goals, you give color to your future. And that makes all the difference!

What color is your makeover?

Here are some ideas for you to consider. How do they *feel* to you?

- **Red** – the warmest of all colors. It's about passion, stimulation, excitement, strength, sex, passion, speed, danger.
- **Blue** – this is the most popular color. It's about peace, calm, truth, trust, reliability, belonging, coolness, faith and harmony. Could also symbolize coldness or depression.
- **Yellow** – creativity, warmth, sunshine, cheer, happiness, wisdom, childlike.
 - Could also be jealousy or instability.
- **Orange** -- playfulness, warmth, enthusiasm, encouragement, determination, curiosity, sincerity.
- **Green** -- nature, freshness, growth, abundance, health/healing, ambition, money, finances; could also be a lack of experience or unwillingness to take risk.
- **Purple** – power, royalty, spirituality, dignity, magic, inspiration, good judgment
- **Pink** -- soft, sweet, nurture, security
- **White** -- pure, virginal, clean, perfection, "the goddess", safety, successful beginnings
- **Gray** – security, maturity, controlled, sorrow, conservative, boring, isolating.
 - Note: if it's silver it can be sophisticated and mysterious
- **Black** – Power, control, self-control, discipline, authority, strong will
 - Could be intimidating, unfriendly and unapproachable



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Want to know more about making and using vision boards to help with your midlife makeover? The dates for the next [Vision Board Class](http://victoriouswoman.com/vision-board-class/) with Annmarie Kelly can be found at <http://victoriouswoman.com/vision-board-class/>