

THIRTY-ONE DAYS OF VICTORY • MAY 2019

CELEBRATE YOU DURING VICTORIOUS WOMAN MONTH

LOVE YOUR LIFE AND LIVE VICTORIOUSLY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Thirty-One Days of Victory Compliments of the Victorious Woman Project ©AnnamarieKelly2019 All Rights Reserved.</p>	<p>Books by Annmarie Kelly <i>VICTORIOUS WOMAN</i> <i>VICTORY BY DESIGN</i> <i>THE FIVE-YEAR MARRAIGE</i></p>	<p>SMALL CHANGES AND LITTLE STEPS RESULT IN BIG VICTORIES</p>	<p>1 PLAN A VICTORY PARTY It's easy & cheap. Pick date & place, make it Potluck and BYOB, bring a victory story to tell. HAVE FUN</p>	<p>2 ATTITUDE RETHINK Glass half-empty or half-full? Research proves it matters!!</p>	<p>3 DELEGATE Delegate chores to family members. Get them involved in your life both at home & at work. Work to live, not vice versa!</p>	<p>4 PLANT BASIL Basil looks pretty & smells great (like victory!), keeps bugs away, & can be grown in pots on your porch.</p>
<p>5 BATH THERAPY Soothe your spirit by treating yourself to a calming bath. Use 4 cups Epsom Salts and 10 drops Lavender Oil.</p>	<p>6 CREATE A VISION BOOK Use magazines, mail, & go online to find pix and words that inspire you. Arrange in a notebook. Vision daily!</p>	<p>7 BE SMART & SAVVY! Studies reveal light-hearted 10-min chats boost cognition and confidence. Call a friend and chat about your victories</p>	<p>8 GIRLFRIEND GALA! Penn Oaks Golf Club https://bit.ly/2H2bqAd</p>	<p>9 RECESS Remember how much fun recess was? Revisit recess today! Take a 60" timeout just for fun!</p>	<p>10 BOOST VICTORY! Write down 10 examples of your success. Remind yourself: "I did it then, I can do it again!"</p>	<p>11 VICTORY BELOW! Make time to empty your underwear drawer. Toss the old/ratty/ugly ones. Buy new pretty ones.</p>
<p>12 MOTHER'S DAY Call your Mom or a "Mom surrogate" & thank her!</p>	<p>13 VICTORY BUCKET Create a list of 10 fun things to do/places to go. Make a plan to do one thing or go to one place.</p>	<p>14 LIGHTEN YOUR HEART! Forgive someone who hurt or offended you. It's true: it benefits you more than them!</p>	<p>15 GET PHYSICAL Make appointments for physical & dental exams, include blood tests for hormones, Vitamin D, thyroid, and cholesterol.</p>	<p>16 FOCUS Give up multi-tasking for <u>1</u> day & focus on staying present. Notice if you feel less stressed and if you get more done.</p>	<p>17 'NO' DAY Do you say "yes" when you want to say "no"? For today practice "no" Say 'no' today!</p>	<p>18 Connect with other Victory Chicks On Facebook Like & Follow @VictoriousWomanProject</p>
<p>19 SAY "YES!" DAY Say "YES" to everything— a daring invitation, a special event, a fun inspiration; Take ACTION and DO IT!</p>	<p>20 RETIRE WEALTHY Make a budget, fund your IRA, save cash, join/start an Investment Club; See betterinvesting.org</p>	<p>21 BE A VICTORY Mentor Become a mentor at work or in your organization— Help someone else become victorious!</p>	<p>22 SIMPLIFY SCHEDULES Start a shared calendar for home and work— Cozi.com is a free one</p>	<p>23 STRAWBERRY DAY These sweet treats are low-calorie and great for both overall health and youthful skin.</p>	<p>24 FIND YOUR JOY What's one place or activity that gives you JOY? Plan to go there or do it TODAY!</p>	<p>25 DECLUTTER DAY! Clean out your clothes closets and storage; Help others by donating items to a woman's shelter</p>
<p>26 PUT YOURSELF FIRST Get a favorite treat or beautiful flowers!</p>	<p>27 Memorial Day Remember our vets Lift a glass to the spirited military women who did and are serving your country.</p>	<p>28 Brighten Your Future What is one regret you have? What can you do TODAY to change how you feel about it? DO IT!</p>	<p>29 INSPIRE YOURSELF Go to the library. Take out the bio of a Victorious Woman you admire & read about her life.</p>	<p>30 GET FRESH CLEAN OFF YOUR DESK OR CLEAN OUT THE REFRIGERATOR TODAY!</p>	<p>31 CELEBRATE YOUR MONTH OF VICTORIES AND SHARE WITH OTHER VICTORY CHICKS</p>	

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