

# THIRTY-ONE DAYS OF VICTORY MAY 2021

CELEBRATING YOU DURING VICTORIOUS WOMAN MONTH

*VICTORY IS CONTAGIOUS—CATCH IT AND SPREAD IT AROUND!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>FOLLOW THE VICTORY</b></p> <p>Facebook.com/victoriouswoman</p>	<p><b>BOOKS BY ANNMARIE KELLY</b></p> <p>The Five-Year Marriage Victory by Design Victorious Woman!</p>	<p><b>THIRTY-ONE DAYS OF VICTORY</b></p> <p>COMPLIMENTS OF THE VICTORIOUS WOMAN PROJECT THE FIVE-YEAR MARRIAGE®</p> <p>©AnnamarieKelly2021All Rights Reserved.</p>				<p><b>1</b></p> <p><b>GET YOUR VICTORY ON</b></p> <p>Remember 2 of your past victories; journal about how each one changed your life</p>
<p><b>2</b></p> <p><b>BATH THERAPY</b></p> <p>Congratulate yourself for getting through covid with a long, hot bath in Epsom Salt Salts and Lavender oil</p>	<p><b>3</b></p> <p><b>GRATITUDE</b></p> <p>Journal 1 thing you became grateful for during covid, Add 1 more each day this month. Keep track of how it feels.</p>	<p><b>4</b></p> <p><b>GET SELF-CONTROL</b></p> <p>What personal boundary would give you more time for SELF care? Make a plan for doing...and then DO IT!</p>	<p><b>5</b></p> <p><b>ATTITUDE COUNTS</b></p> <p>Track today's positive and negative thoughts - notice what gets more of your time and energy.</p>	<p><b>6</b></p> <p><b>INSPIRE YOURSELF</b></p> <p>Find the biography of a Victorious Woman you admire &amp; read it.</p>	<p><b>7</b></p> <p><b>LIGHTEN YOUR LOAD!</b></p> <p>Clean out your clothes closets and storage; donate unwanted items to a woman's shelter.</p>	<p><b>8</b></p> <p><b>PLANT A MY-VICTORY GARDEN</b></p> <p>Choose a goal. How will achieving it be a victory? Think about that as you plant basil, sage, mint...affirm that, as they grow, you achieve your goal</p>
<p><b>9</b></p> <p><b>MOTHER'S DAY</b></p> <p>Call your Mom or a Mom "surrogate" &amp; thank her!</p>	<p><b>10</b></p> <p><b>MONEY PLANNING</b></p> <p>Do you want a 2nd home, new car, a trip? Decide what it is &amp; make a money plan to get it.</p>	<p><b>11</b></p> <p><b>GROW YOUR BRAIN</b></p> <p>You can build new neural pathways by writing with your non-dominant hand for 15"/day. Start Today.</p>	<p><b>12</b></p> <p><b>VICTORY CHAT</b></p> <p>Get together with another victorious woman to share and toast your victories!</p>	<p><b>13</b></p> <p><b>LIGHTEN YOUR HEART!</b></p> <p>Forgive someone who hurt or offended you.</p>	<p><b>14</b></p> <p><b>ANCHOR A VICTORY!</b></p> <p>Choose one of your victories and buy yourself jewelry that will remind you often.</p>	<p><b>15</b></p> <p><b>VICTORY DOWN THERE</b></p> <p>Go through your underwear drawer and toss everything old, ratty or ugly. <i>Buy new ones!</i></p>
<p><b>16</b></p> <p><b>VICTORY BUCKET</b></p> <p>Make a list of <b>100</b> things you want to do before you die; <b>Pick one and get started.</b></p>	<p><b>17</b></p> <p><b>MAKE A VISION BOOK</b></p> <p>Focus your mind with a Visioning Book or Board. Find pix that give you both the picture and the feeling of something you want.</p>	<p><b>18</b></p> <p><b>FORWARD GRATITUDE</b></p> <p>Think of what a goal achieve looks like. Create an affirmation that starts with "I'm so happy and grateful that...insert that outcome. Say it 3x and do it 3x every day.</p>	<p><b>19</b></p> <p><b>PRACTICE SELF-CARE</b></p> <p>Get a physical; have your blood tested for thyroid, Vitamin D, iron, A1C, iron, &amp; cholesterol.</p>	<p><b>20</b></p> <p><b>RECONNECT</b></p> <p>Call a friend you haven't talked to lately; catch up and remember the good times you shared!</p>	<p><b>21</b></p> <p><b>Say 'NO' Day</b></p> <p>Who or what do you usually give in to when you you'd rather not? <i>Victory Up! Say 'no' today!</i></p>	<p><b>22</b></p> <p><b>FRESHEN UP</b></p> <p>Clean out your refrigerator, basement or linen closet...notice how victorious you feel.</p>
<p><b>23</b></p> <p><b>RECOMMITMENT TO A FORGOTTEN GOAL TODAY!</b></p> <p><b>30</b></p> <p><b>TREAT YOURSELF</b></p> <p>Reward past victories with your favorite flowers!</p>	<p><b>24</b></p> <p><b>GET REFRESHED</b></p> <p>Go to bed an hour earlier tonight</p> <p><b>31</b></p> <p><b>Memorial Day</b></p> <p>Remember our vets; Lift a glass to the military women who have served your country.</p>	<p><b>25</b></p> <p><b>SHARE VICTORY</b></p> <p>Become a mentor. <i>Help someone else become victorious!</i></p>	<p><b>26</b></p> <p><b>FULL MOON</b></p> <p>Things come to light at the full moon! Go outside, meditate on the moon in the moonlight and "listen" to what comes up for you.</p>	<p><b>27</b></p> <p><b>SAY "YES!" DAY</b></p> <p>Say "YES" to a daring invitation or fun inspiration: <b>To dare is to do, To fear is to fail</b></p>	<p><b>28</b></p> <p><b>VICTORY HAPPY HOUR</b></p> <p>Find an outdoor bar, meet with friends and toast your victories !!</p>	<p><b>29</b></p> <p><b>FIND YOUR JOY</b></p> <p>What's one place or activity that gives you <b>JOY?</b> Plan to go there or do it <b>TODAY!</b></p>