

## APRIL, 2006

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## MAY IS INTERNATIONAL VICTORIOUS WOMAN MONTH

Last year I was thrilled to have a special month officially designated for the Victorious Woman. This is the first year that it is listed in Chase's Calendar of Events. My intention in submitting this event was to have women take some time to acknowledge and recognize their past victories, celebrate with other women and plan for future victory...and get noticed by others in the process.

To that end, I have two suggestions for making this month special for you:

**1 - Victorious Woman Calendar.** Each day suggests one action you can take to celebrate a past victory, celebrate someone else's victory or take some action that focuses on being your best self. You can download it on the victorious woman website. Click the calendar icon on my home page at [www.victoriouswoman.com](http://www.victoriouswoman.com). Tell you friends about it too so you can all get involved!

**2 - Victorious Woman Party.** My calendar designates May 19, but you can make it any day! If you are in Philadelphia, Pennsylvania suburban area, you can join me by responding to the invitation below.

### COMING SOON: EVENTS/CLASSES

**Book Signing and Author Lecture:** MAY 12: Barnes & Noble Willow Grove at 7pm

**TeleSeminar:** Starting Over: Finding the Victory in You

May 1, 8, 15, 22. Times: 10-11am ET and 7-8pm ET

Info & Registration at: <http://www.victoriouswoman.com/tseminars.htm>

**Book Discussion TeleGroups:**

*Victorious Woman! Shaping Life's Challenges into Personal Victories*

May 10 & 17 11am-noonET

June 5 & 12 7pm-8pmET

Info & Registration at <http://www.victoriouswoman.com/tgroups.htm>

**Victory Teams:** Are you committed to your victory and want to connect with others who are on the same path? A Victory Team will support you as you grow! We have two new teams forming in the West Chester area. An evening group is scheduled to begin in mid-June, a morning group in late June. Groups meet twice a month for three months...and participant results are often amazing! See <http://www.victoriouswoman.com/vteams.htm> or call 610.738.8225

### INVITATION

**Victorious Woman Day Celebration:** MAY 19: West Chester, 4pm-9pm Call/email for more information: 610.738.8225/info@victoriouswoman.com

## **SKILLBUILDING: FLIP YOUR VICTORY SWITCH**

At a recent luncheon, I had the honor of speaking to a wonderful group of women. My message of “There’s a Victory in You” asked the audience to think about what goal they would want to achieve in the future and how that accomplishment would be a victory. During an interactive portion, I asked the women to share their thoughts. Some did, but most admitted that they had no real thoughts about either a personal goal or the victory it might bring.

I wish I could report that their response was unusual or odd. I can’t. It is as common as the sun in springtime.

You see, like so many women everywhere, those women use their time and energy working on the agendas of their all-important loved ones. Personal satisfaction and self-fulfillment are often treated as “optional extras” instead of important components of health and happiness. In conversations and coaching sessions with women, they tell me how they often guilty they feel when they take too much time for themselves. They experience even more guilt when their “me-time” comes in place of doing (yet another) something extra for someone else.

In my book, *Victorious Woman! Shaping Life’s Challenges into Personal Victories*, I call these women the “Surviving Women” because they survive their lives instead of live them. Care and overcare cause them to forget about what they want for themselves. Some admit they never even thought past a hard-wired desire for marriage and children (part of what I call a life pre-program).

What’s missing? I expect it is something I call Personal Positive Focus (PPF). I firmly believe Personal, Positive Focus is critical to everyone’s well-being. It gives us self-esteem, hope for the future and a happy reason to wake up in the morning. PPF is often the defining difference between how we deal with the stress of our lives...and untamed stress can affect our health, wealth and our ability to live victoriously – now and in the future.

Recently, in the midst of dealing with aging mother and mother-in-law matters, I found my own PPF getting fuzzy. Like the women at the luncheon, I temporarily found myself unable to answer the same “what do I want” question. I did the following Victory Stretch and it revived my energy. I’m sharing it with you now because we all entering a new season. As the world outside comes alive again, this is the perfect time to spring clean mental cobwebs and bring new energy to your spirit and your life.

### **VICTORY STRETCH**

**GETTING STARTED:** Start by finding a quiet place (e.g., attic, park, library, café), bring paper and pen, and allow about 20-30 minutes. Once you are settled, close your eyes, and take a deep breath. Visualize your life on a timeline...age 10, 20, 30...and walk along into the future to age eighty-five.

**Once you are there, notice what you see. Here are some suggestions:**

**LIFE:** Where do you live? Do you live in a retirement community where you are actively engaged with others? What does your day look like? Thinking back on your life (specifically, from age 85 back to your age today), what two words come to mind? Are you happy with those two words? If not, what two words would you prefer...and what would you have to *do differently now* to make them a future reality?

**LOVE:** Do you have love in your life? How does it feel? Who are the family and friends who love you? How do you love them? How have you built those relationships over the years?

**HEALTH:** Are you healthy and active? How did you get that way? Did you change your eating plan? Did you take up walking, tennis, dancing, bike riding or some other sport? When did you start? Have you had “some work” done to enhance your appearance...*and if you did*, what kind and at what age?

**CAREER/JOB:** What are some of the highlights of your career? What are you most proud of? How did you finish your work life...or are you still working and doing something that you love? If you are, what is it? How often are you doing it? When did you get started, and how?

**SOCIAL LIFE:** What do you do socially? Do you travel now? Did you travel in the past? Where did you go and what did you see? Do you have weekly gatherings with friends, play golf, bridge, Mahjong or Bunco? When did you learn how to do those things?

**FAMILY AND FRIENDS:** When your family and/or friends surprise you with a birthday celebration, and each person says something good about you, what are they saying? When you get together with old friends, what fun stuff do you talk about that you did when you were younger (like when you “were” at the age you are now...)?

*Have great fun with this and let your imagination go wild.*

*Then*, write down what you thought about and embellish to your hearts content.

*Next*, read it back (1) daily for a week, (2) weekly for a month and (3) monthly for a year. Make adjustments as they seem fit.

*Finally*, watch what happens. The images you make will open your mind and heart, encourage your spirit and lighten your heart. They will also remind you of the things you can do now – however small – to enrich your life now and prepare for your future. You are likely to notice a shift of attitude that will breathe life into your PPF and help you move forward in a positive way.

*Follow-Up:* Let me know how this works for you. I’d love to share your experiences with others.

*Next Step:* If you are ready for a “NEXT STEP” you can create a Victorious Visioning Book. Find the directions at <http://www.victoriouswoman.com/newsletter/v.htm>  
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### VICTORY QUOTE

There *is* a fountain of youth: it is your mind, your talks, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will have truly defeated age.

- Sophia Loren, Italian-born actress

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