


SKILLBUILDER SYSTEMS

VICTORIOUS WOMAN!

Victorious SkillBuilding

Fresh Starts and New Beginnings

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VICTORY QUOTE

“There are no limits. There are no boundaries. Just go for it...don't let anyone tell you that you can't.

From “Family Matters”
Maureen's story about
raising five children
after being abandoned
by her spouse in
Victorious Woman!
Shaping Life's
Challenges into
Personal Victories

Did you ever get excited at the beginning of a new school year? I did - first as a student and then as a teacher. During this time each year, I felt a kind of "starting over" energy that was both thrilling and scary. I looked forward to seeing kids or teachers I had not seen for a couple months. As a student, I wondered if I would make good grades and if there would be any new kids in my class - maybe a new friend. As a teacher, I was gearing up for instructing a whole new group of young people.

That long-standing pattern still affects my thoughts and feelings. August always starts with a twinge of sadness because it means summer is just about over. BUT, it ends with excitement and a sense of anticipation for the new

start ahead of me.

How about you? If you could, how would you start over? Would you choose another career, get an advanced degree, revamp your lifestyle or find new ways to have more fun?

Well, you *can* begin again. In my book, *Victorious Woman!* Jean Otte, the founder of Women Unlimited, tells us, “It's never too late to start a new journey; it doesn't have to be a big journey, it can be a little one. Just start it.”

Now, in the spirit of victory, *believe* you can make a fresh start...just like when you were a kid...and do it **TODAY!** In fact, you can start NOW with this month's **VICTORY STRETCH** on page 2.

**Best Wishes for a
GREAT new start! Annmarie**

Special Offer for You!

I feel confident that the woman inside of you wants to start living her life instead of just surviving the daily grind. My book, *Victorious Woman! Shaping Life's Challenges into Personal Victories*, and my teleseminars will convince, inspire and show you that you can make your life better, and be the woman you want to be.

In fact, I feel so strongly about it that I am giving you a free teleseminar! Order a copy of my book by September 15 and receive a coupon good for any Victorious Woman Teleseminar - a \$99 value!

This is a great opportunity for you to stop living with fear, doubt or self-sabotage and get on the victory path toward your personal victory! Order yours today!

<http://www.victoriouswoman.com/Order.htm>

VICTORY STRETCH

Many women tell me they just don't know how to start over or where to begin. This newsletter's stretch, adapted from the Victorious Woman Model in my book, gives you practical suggestions and a timetable to help you start over and lay the foundation for positive change. There is one exercise for September and another for October (in my November newsletter, I'll take you the next couple steps).

Think of starting over like the beginning of a new school year because, for you, it's a new opportunity and a step toward a happier, more satisfying life.

SEPTEMBER: AWARENESS

This is the first and most important stage of the Victorious Woman Model. It is always the beginning of personal victory. Maybe it's a subtle awareness that something is different, or an awareness that you need to change something about your life, and even the awareness that you are finally ready for that something more from life.

Start raising your awareness by getting a small notebook to keep in your pocket or purse. Next, write each of the following

questions at the top of a page, one per page. Think about your answers in your off-times, like while you are waiting in line at the store, stopped at a traffic light or taking a walk. Make no judgments, simply ask the questions and jot down your thoughts.

Here are your questions:

- *What do you want?*
- *What are you missing?*
- *What gives you joy?*
- *When do you feel successful?*
- *What past or present behaviors and actions contribute to your successes?*
- *What past or present behaviors and actions contribute to your failures?*

Make **AWARENESS** your goal for the month.

OCTOBER: BRAINSTORM

Now that you have a greater awareness about what you want, what makes you feel happy and successful and what you may be doing to support or sabotage your efforts, ask yourself: "how can I get more of what I want and be more of the real me?" Then...

- Jot down all the ideas you can think of by yourself. If you want a healthier lifestyle, can you add more fruits and veggies and exercise 20-30 minutes a day? Will learning MS Excel or QuickBooks get you a promotion? Maybe dancing once a month can add fun (and exercise) to your life.
- When you have your own thoughts down on paper, get some input from others. Invite some friends over to brainstorm ideas, have some food and wine and make it fun - your own personal Victory Party.

Focus on new, different or out of the box ideas with **BRAINSTORMING**

Awareness and Brainstorming

can open a whole new world for you, both figuratively and literally. If you have fun with this, you'll be more creative. Be as crazy as you want and dream as big as you can - and even *bigger!*

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*These are just a sample of the coaching questions you'll find when you read Victorious Woman!
Don't miss my special Victorious Woman! book and seminar offer on Page 1.*

NEWS AND UPCOMING EVENTS

TELESEMINARS

Victory 101: What Your Momma Never Told You and Wishes She

Had! 4 sessions

Dates: September 18, 25, and October 2, 9

Times: 11-noonET —OR— 8-9pmET

Victory Clinic:

People-Reading for Success

Dates: October 16, 23 and 30

Time: 8-9pmET

Cost: \$99 for either teleseminar series. Fee includes workbook and audio download of class.

Double Your Victory: Take both classes for \$160.00 – a savings of \$38

For more information or to register for any of these classes or events,

send an email to

info@victoriouswoman.com

FUN STUFF: Check out my blog at <http://women-smart.blogspot.com>.

PUBLIC EVENTS

September 29 and October 1
Baltimore Book Festival

November 5, 1-4 pm
Book Discussion: Tea and Victory
West Chester, Pennsylvania

November 13, 7pm
Book Discussion Group
Women's Voices Book Group
Barnes & Noble Booksellers
Virginia Beach, Virginia

November 14, 8:30-3:30
Workshop: Communicating...with Style
Clemson University
Professional Development for Women
Norfolk, Virginia