

SKILLBUILDER SYSTEMS

BE more
 &
DO more
 &
HAVE more

VICTORIOUS WOMAN!

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VICTORY QUOTE

*"I did things
 I never
 thought
 I could do.
 I surprised
 myself!
 [Now] I like
 myself for what
 I've
 accomplished."*

- Lilly Zook

*From Lilly's story in
 Victorious Woman!*

*Lilly tells about her
 courageous struggles to
 survive and finally leave
 an abusive marriage*

Victorious SkillBuilding

VICTORY – WHAT ABOUT YOU?

In October I was a featured author at the Baltimore Book Festival. It was a fun event that attracted lots of women and I enjoyed great conversations with many of them. All the while, three distinct themes kept coming up:

1 - Women related to success or achievement, but at first it seemed odd to them to connect **WOMEN AND VICTORY**. Many women related **VICTORY** with politics, war, sports and religion – but not themselves.

2 – So many women admitted they identified more than they wanted to with the "Surviving Woman" – the woman who settles for what she can get instead of going after what she wants. They felt their own internal challenges were added to by a strong but subtle and guilt-producing societal pressure to put their own needs and aspirations aside to accommodate others, both at home and at work.

3 – As they grasped the Victorious Woman idea, most of the women *excitedly* talked about their own victories. As I listened to the wonderful stories they enthusiastically shared, they often sounded gratified – as though they finally had permission to talk out loud about themselves in a positive way. At the same time, many confessed they aspire to living a more victorious life. *Yet most don't think "Be More" is really possible.*

WHAT ABOUT YOU? Do you think of **VICTORY** as something for religious zealots, four-star generals, sports team and politicians? If you do, *THINK AGAIN*.

VICTORY is all about YOU. It is about the **CHOICES** you make everyday – choices that flow from your desire to be your best self and live on purpose – **your** purpose, not the one someone else decides for you. **VICTORY** is stretching past your limitations. Maybe it's carving out time for yourself without feeling like you are cheating your children, or setting healthy boundaries so you have the time and energy to achieve your goals.

VICTORY is about risk, courage and internal stretches. **VICTORY** is that soaring feeling that comes with knowing you've done your best and openly feel proud about it.

Are you Victorious? Your Victorious SkillBuilding Challenge: think about & strategize your skill-building & planning so you can be all of your Victorious Self in '07!



*May you enjoy a Happy Thanksgiving,
 a Blessed and Merry Christmas, Safe
 and Happy Holidays and a Joyous and
 Abundantly Prosperous New Year.
 Best Wishes, Annmarie*

Gift Idea and Special Offer for You!

I believe the woman inside of you – and every woman – wants to start living her life instead of just surviving the daily grind. I feel confident that 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 how much you can improve your life that I am giving you Two-Fer. With every copy of my book, purchased by December 31, I'll send you an MP3 download for my radio seminar "**How NOT to be a Desperate Housewife!**" Two goodies for the price of one!

Help yourself – or someone you care about – to get on the victory path toward personal victory!

Order today! <http://www.victoriouswoman.com/order3.htm> Order code: 1106

VICTORY STRETCH—FRESH STARTS AND NEW BEGINNINGS, PART II

NOTE: Part I is archived at <http://www.victoriouswoman.com/Files/August06.pdf>

After completing the exercises from the last stretch, you have some ideas for what you want to do and how to do it. Now it's time to set some goals.

Maybe you're thinking, "It's the holidays...who has time?" I know. Making time for yourself hardly seems possible while everything "holiday" is happening.

Still, what will be more important to you a year from now - a couple holiday extras, forgotten by January 1, or a small chunk of "me-time" each day that can result in a notably positive difference in your life in '07?

Here are the November-January steps for making '07 a blockbuster year!

November: Assessment

Before you move forward with goals, it helps to take a historical look back. In the past, what did you do to either support or sabotage your goal-achieving efforts? What are your natural strengths? Do you have "perennial" obstacles? Think about what helped or hindered in the past. Plan ahead. Eliminate or limit the obstacles and be ready to use your strengths. For example:

Behaviors:

- Is organization a strong suit that will help with planning?
- Does the "disease to please" create unwanted stress or make it difficult to say "no" to requests you really don't want to do?

Activities:

- Do you attend too many meetings that don't produce any return on your investment of time?
- Does watching too much nightly television distract you from getting important tasks done?
- Are you overcaring (doing too much) for your children, costing you time and robbing them of the learning that builds maturity?

December: Set Incremental Goals

Small steps work well so strategize by the month. For example, let's say you choose a Career Goal: "I want to change careers and do it by September '07."

December: Think about which current skills match the new industry or career.

January: Rework them into capability statements appropriate to the new job. Begin updating your resume to reflect those new or crossover skills.

February: Complete new resume.

March: Prepare several cover letters, each highlighting a different capability.

April: Locate the industry association's local chapter; attend a meeting.

Another example: You realize you over-commit to others at the expense of your mental, physical or emotional health. Your Goal: "I learn healthier behaviors that allow for 'me time'"

December: Choose just one action that will make a difference, like saying a guilt-free 'no' to last minute requests.

January: Practice saying 'no' once a week and notice how long you feel guilty after each time.

February: Practice saying 'no' twice a week with a goal of lessening the "guilt factor" each time.

March: Find 3 different & graceful ways to say "no" and practice weekly.

Whatever mini-goals you choose, *do them*. Follow-through is critical. Each action you take will build your victory muscles, increase your confidence and enhance your self-esteem.

Need Help? Have questions about strategies? Send questions to me at: info@victoriouswoman.com

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Don't miss my Victorious Woman! special offer on Page 1.

STRESS-BUSTING TIPS VICTORIOUS HOLIDAYS

SIMPLIFY: Buy store or mall gift cards for everyone on your list

BOOST YOUR ENERGY: Stretch your body every day before getting out of bed and before going to sleep; Take a Vitamin B Complex daily; Plan (that means write it on your calendar!) to exercise a couple times each week.

PLAY: Take that old Scrabble game out of the closet, or get one of the exciting new games...or just use a simple deck of card to play games with your family. Games for fun lend themselves to talking, sharing and laughing - all great stress-reducers.

FOCUS AND AFFIRM: Visualize happily about how victorious your new year is going to be; Speak encouraging words to yourself about how next December will be positively different.

PREVENT BINGEING: Just before baking those Christmas cookies or going to a holiday party, reduce hunger by eating an apple and a hard boiled egg (don't ask how...but it *really* works)

LIMIT WEIGHT GAIN: Save drinks and sugary desserts for holiday parties. It's easier when you keep sweets and alcohol out of the house for a couple weeks. Store holiday baked goods out of sight (like in the trunk of your car!).

UPCOMING EVENTS

TELESEMINAR

VICTORY UP!

February 5, 12, 19, 26— 8-9pmET
victoriouswoman.com/tseminars.htm

SEMINAR

COMMUNICATING....WITH STYLE

March 26, 2007 — 8:30-4:30
odce.clemson.edu/women.html

FYI: I just got back from doing this program in Norfolk VA and it rocked! Many women said it was not only fun, but the best workshop of the day. Join me in Philly in March.

SAVE THE DATE: MAY 4, 2007

MAY IS VICTORIOUS WOMAN MONTH

We're kicking it off with a special event on May 4! More in February newsletter.