

VICTORIOUS WOMAN MONTH MAY 2009

LOVE YOUR LIFE AND LIVE VICTORIOUSLY: Out Loud and In Living Color

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>VICTORIOUS WOMAN!</i> <i>SHAPING LIFE'S</i> <i>CHALLENGES INTO</i> <i>PERSONAL VICTORIES</i></p> <p>by Annmarie Kelly READ IT TODAY</p>	<p>SKILLBUILDER SYSTEMS 610.738.8225 ©AnnmarieKelly2009 All Rights Reserved.</p>				<p>1</p> <p>INSPIRE YOURSELF Remember 5 of your past victories; journal about how each one changed your life</p>	<p>2</p> <p>SEND INVITATIONS Plan a Victory Party for 5/28</p> <p>Make it easy—call your friends or send evites. Ask everyone to bring a food dish <i>and</i> a victory story to share. You buy wine.</p>
<p>3</p> <p>GRATITUDE Journal 5 things you are grateful for, then add one more each day this month</p>	<p>4</p> <p>RECONNECT Call a friend you haven't talked to lately; catch up and remember the good times you shared</p>	<p>5</p> <p>GET SELF-CONTROL What personal boundary would give you more time for SELF care? Make a plan for doing it and practice-practice-practice</p>	<p>6</p> <p>ATTITUDE COUNTS Track today's positive and negative thoughts - notice what gets more of your time and energy</p>	<p>7</p> <p>SIGN UP FOR CLASS It can be art, yoga, beading, scrapbooking, or dancing...<i>and then GO TO IT!</i></p>	<p>8</p> <p>LIGHTEN YOUR LOAD! Clean out your clothes closets and storage; donate unwanted items to a woman's shelter</p>	<p>9</p> <p>VICTORY GARDEN Plant herbs, tomatoes, or flowers; as each one goes into the ground, visualize your next victory...and then <i>watch them grow!</i></p>
<p>10</p> <p>MOTHER'S DAY Call your Mom or a Mom "surrogate" & congratulate her</p>	<p>11</p> <p>FINANCIAL PLANNING Be serious about your future: open a personal savings account; pledge an amount & deposit it weekly</p>	<p>12</p> <p>MOVIE NIGHT Meet friends for a mid-week chick flick, potluck dinner & fun</p>	<p>13</p> <p>VICTORY CHAT Get together with another victorious woman to share and toast your victories</p>	<p>14</p> <p>LIGHTEN YOUR HEART! Forgive someone who hurt or offended you</p>	<p>15</p> <p>ANCHOR A VICTORY! Buy a plant, jewelry, or something fun that will always make you think of a special victory</p>	<p>16</p> <p>INSIDE OUT VICTORY Go through your underwear drawer and toss everything old, ratty or ugly. Buy New!</p>
<p>17</p> <p>VICTORY BUCKET Make a list of 100 things you want to do before you die; <i>Pick one and get started</i></p>	<p>18</p> <p>VISUALIZE VICTORY Focus your mind with a Visioning Book or Board See how: http://tiny.cc/VictoriousVisioning</p>	<p>19</p> <p>FULL MOON Things come to light at the full moon! Go outside, bask in the moonlight and listen to your inner victory</p>	<p>20</p> <p>PRACTICE SELF-CARE Get a physical; have your blood tested for thyroid, hormones, iron, and cholesterol</p>	<p>21</p> <p>REFRESH YOURSELF Get ready for the holiday: take a nap or going to bed early</p>	<p>22</p> <p>Say 'NO' Day Who or what do you usually give in to when you you'd rather not? <i>Victory Up! Say 'no' today</i></p>	<p>23</p> <p>SAY "YES!" DAY Say "YES" to a daring invitation or fun inspiration; Take ACTION and DO IT!</p>
<p>24</p> <p>TREAT YOURSELF Reward past victories with your favorite flowers</p> <hr/> <p>31</p> <p>GET REFRESHED Go to bed an hour earlier tonight</p>	<p>25</p> <p>Memorial Day Remember the vets; Lift a glass to the military women who have served your country</p>	<p>26</p> <p>SHARE VICTORY Become a mentor. <i>Help someone else become victorious!</i></p>	<p>27</p> <p>INSPIRE YOURSELF Read the biography of a Victorious Woman you admire</p>	<p>28</p> <p>VICTORY PARTY! Time to celebrate past and present victories with friends</p>	<p>29</p> <p>BATH THERAPY Still on a high from your great Victory Party, congratulate yourself w/ a long, hot bath in Lavender Oil & Epsom Salts (use 4cups)</p>	<p>30</p> <p>What's one place or activity that gives you JOY? Plan to go there or do it TODAY</p>