I know you can do it with a vista upgrade disk, I believe xp is the same. The disk has to be formatted, when you proceed with the install do not enter the product number, it should install a trial version, then reboot to the disk and upgrade that version. Sounds odd but I know it works with vista and up just not sure of the xp. I can check my books tomorrow though. If anything find an install of xp online then upgrade on top of that with your upgrade product key so that it is validated....   or just go for win7 or 8 since xp isnt supported anymore.