



THE EXCEPTIONAL WOMEN'S COACHING PROGRAM

## Create Your Own Luck

Amy Riley, Tiara Program Coach



St. Patrick's Day is fast approaching.  
If you're not Irish, can you create your own luck?

Let's assume for the moment that you can.

How would one go about creating luck? Here are some ideas.

1. **Acknowledge where you're already lucky.** Identify those areas of your life where things come together easily for you. Are you great at what you do for work, pulling together what others would consider next to impossible? Do you have great friends who listen to you? Are you great at vacationing and you always come home with amazing stories? Where do things just seem to fall into place for you? Identify all the areas – seemingly big or small – where you are lucky. When we acknowledge where we are lucky, we begin to believe that we're lucky, and that breeds more luck.
2. **Ask your family and friends where they think you're lucky.** We sometimes can't clearly see the areas of our lives that are working really well. We are too busy focusing on those that aren't! Ask those who know you best where they think you're lucky. They can often see what we can't. They see where they think our grass is greener than theirs. You'll recognize more of your luck.
3. **Give yourself credit for everything.** We often discount those things that come easily to us. We don't give ourselves credit for those things that feel natural or innate to us. Many of us don't recognize our strengths or the full extent of our strengths. Since it's so second nature to us, we don't see it as a big deal or as something special. We often only give ourselves credit for the luck if we also worked really, really hard. And, it's actually *really* lucky to have things come to us easily! And, we should take credit for that.
4. **Take chances.** You aren't going to be lucky and win the lottery if you don't buy a lottery ticket! So, go out there and try your hand in the areas of your life where you want something different. Make a change and see how you like it. See how you do. If you don't like the results, you simply get to try something else. I know, this description makes it sound simple. And, it *is* simple, and perhaps not easy. Yet, if we want to shift our luck, we've got to try something new. Take a risk. In the game of creating luck, a failure represents progress.
5. **Tell others about how lucky you are.** When you become aware of all the ways in which you are lucky and begin to create luck in other areas, tell those around you! Tell your friends, "I feel really lucky to have found a job that I'm good at." "I am always able to find the perfect parking spot." "It's never been a concern of mine that I'd find the right person to spend my life with." And, ask them where they feel lucky. This will have us all truly appreciating and being aware of the luck that we have. And when we focus on something that we have and appreciate, we get more of it.

Happy St. Patrick's day! Be bold, acknowledge and increase your luck in the month of March. I know you can.