

Create more luck in your life!

Your special report provided by Coach Rachelle Disbennett-Lee

Luck is more a matter of choice than chance. What you think about luck is what will bring you luck. We actually can create luck by believing that we are lucky. If we create a lucky attitude, luck will begin to happen more and more in our lives. We also need to become aware of how lucky we already are and notice the luck that happens to us everyday.

The top ten ways to create more luck in your life

1. Believe you are lucky

Whatever you believe is true. If you think you are lucky, you are right and if you think you are not lucky, you are right again. I have a friend who doesn't gamble because he says he has a core belief that he won't win. His wife on the other hand believes that she is very lucky. She gambles and wins quite often. Whatever we believe is what will manifest in our lives. To become luckier, start believing that you are.

2. Re-frame what luck means to you

We often limit luck to the concept of winning something, but luck is so much more. We are lucky every day that we wake up alive. When we find a penny, we are lucky. When something nice happens to us out of the blue, we are lucky. Luck comes in many different forms. To realize how lucky we are, we merely need to start noticing all the luck that is already happening to us.

3. Luck isn't always about getting something

Sometimes luck is about not getting something or something not happening. When I lost my corporate job, I didn't think I was lucky; but if it had not been for being laid off, I would have never started my own business. Losing my job was one of the luckiest things that ever happened to me. Sometimes luck comes disguised and only time reveals how lucky we really were.

4. Help create luck for others

Nothing will create luck in our lives like creating it for others. Every once in a while, drop a few pennies on purpose. When you notice someone's parking meter has expired, drop in a quarter or

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two. Do random acts of kindness whenever you can and create luck in someone else's life. By creating luck for others, you begin to create a cycle where luck will come back to you.

5. We must be ready and willing to take advantage of the lucky events that happen to us

When luck comes knocking, answer the door. Sometimes fear can stop us from taking advantage of the luck that comes our way. Don't let fear of the unknown stop you from taking advantage of the luck that comes to you.

6. Know that you are worthy

Sometimes, people will shun luck because they have a core belief that they don't deserve it. You deserve all the good luck that comes your way. Embrace it and be grateful for it. The more you appreciate the luck that comes your way the more luck will come into your life.

7. Luck is when opportunity meets preparedness

If you are not ready, you cannot take advantage of lucky opportunities. Be ready to seize the break that comes your way. If you are not ready, luck will pass you by and go to the next person who is ready.

8. No one else is responsible for your luck

Only you can create your own luck. Take responsibility for the choices you make. Each choice will create more or less luck. If you don't have enough luck, change your choices.

9. Maintain a positive attitude

Attitude is everything and it will determine how lucky you are. If you have a positive attitude, then you will be luckier. If you have a lousy attitude, luck will not be as abundant.

10. Notice the lucky things that happen in your life

Being aware of the lucky things that happen to you each day helps to expand your luck. Notice how lucky you were to get a parking space close to the building. Notice how you got the last jelly filled donut. Notice how you made the green light. Luck happens all the time. We just need to take the time to be aware.

Resources to help you increase your luck...

- Nonstop Networking: How to Improve Your Life, Luck, and Career by Andrea R. Nierenberg

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- The Indian Luck Book: How to Bring Luck into Your Life by Monisha Bharadwaj
- Five-Fold Happiness: Chinese Concepts of Luck, Prosperity, Longevity, Happiness, and Wealth by Vivien Sung, Richard Weinstein (Photographer), You-Shan Tang (Translator)
- Create Your Own Luck: 8 Principles of Attracting Good Fortune in Life, Love, and Work by Azriela Jaffe

Coaching on Luck...

- "Crede quod habes, et habes"
- Believe you have it and you have it. Latin Proverb
- Before anything can happen, you have to believe it.
- Whatever we believe is true. Abraham Lincoln said, "People are about as happy as they make their minds up to be." Well, I believe people are about as lucky as they make their minds up to be.
- I believe that I am very lucky. I constantly win things and find money. I am usually in the right spot at the right time. It didn't used to be this way. I used to believe that I wasn't very lucky. And guess what. I didn't find money, I didn't win things and I didn't have cool unexpected things happen to me. What happened? Did I wake up one day lucky? No, I decided to change the way I thought about myself. I noticed that people who were lucky would say things like, "I'm am very lucky. I always win stuff. I have been blessed with luck." They believed they were lucky, therefore they were. I decided to believe I was and, almost instantly, I started to see my luck change. It is all in what I believe.

Coaching:

- What do you believe?
- Do you believe you are lucky?
- Whatever you believe, you are right. Good or bad, right or wrong, you are absolutely right.
- So what can you do about it? Change your thinking about how lucky you are and you will begin to see your luck change.

Coaching Question:

- How lucky are you?

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Coaching Challenge:

Begin to keep a luck journal. In the journal, keep track of all the lucky things that happen to you. The more you track your luck, the more you will begin to see how lucky you are. Once you begin to see just how lucky you are, you will begin to attract more luck into your life.

Quotes:

- "Luck doesn't just happen, it is a state of mind." Coach Lee
- "You can increase your "luck" by being better prepared." Anonymous

Just for fun...

A lucky color:

- Green: Calm, cool, fresh, friendly, pleasant, balanced, restful, and lucky
- Fu - the Chinese word for 'luck'
- "The Luck of the Irish...The Irish say that the only sure thing about your luck is that it will change. I think the only sure thing about luck is that you have to make it yourself!" Susan Ungaro, Editor of Family Circle

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About Coach Lee

Coach Lee is an international coach, trainer and speaker with 17 years of corporate management experience in the telecommunications industry. She is a Master Certified Coach and has been coaching since 1996.

Coach Lee has a Master's degree in Management from Regis University and is a part-time faculty member at the University of Phoenix, Denver campus. She is working towards a Doctorate degree at Walden University in Applied Management and Decision Sciences with a specialization in Business Coaching.

Coach Lee is a graduate of Coach University, is the Director of Training at the International Coach Academy, has taught coaching classes at Colorado Free University, and is co-founder of the Denver Coach Federation.

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She is a published writer and is often quoted as an expert in coaching, management issues and self-esteem. Coach Lee is a contributing author to a newly released book, "The Guide to Getting It: Self-Esteem." For the past four years, Coach Lee has published the award winning electronic newsletter, "365 Days of Coaching," a daily dose of motivation and so much more.

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