



## Ways to Create More Luck In Your Life

I believe I am the luckiest woman in the world. (Ok, most days!)

I am writing this sitting poolside in Puerto Vallarta drinking a Pina Colada while watching both the palm trees sway and a poolside dance contest. The Caribbean music is just a “blaring” and that alone would place a smile on your heart.

I am lucky! Not only am I lucky to be on this beautiful spring break vacation with Brett and Gary but I have also won trips, contests, raffles and money. At a Minnesota Dietetic Association meeting I told a group of women that I am lucky and usually win things. I was not surprised when they drew my name for a raffle prize. They wanted to know my secret. I told them my secret is that I believe I am READY for luck.

In January I created the intention for more media work in 2006. On Jan 11th I told a PR firm in Chicago that I wished for more work. Two hours later I received an email asking for my bio. A phone call the next day reviewing my bio and then an email less than 24 hours later saying, “Congratulations you are on the Campbell’s Soup team.” yesSSS!!

Lucky people are ready people. They are ready in case an opportunity presents itself. What opportunity do you need to get prepared for?

Lucky people ask people ask people for what they need. I told the account rep I wanted more media work. Don’t be afraid to ask. The universal answers are yes, no, or maybe. If you never ask you will never know. You will never know there is a lucky “yes” waiting for you.

Lucky people have a wish list. At the beginning of the year I created my wish list of what I want more of in both my work and home life. Do you know what you wish for? Do you know what you wish to focus on this year? It is like planning a vacation. If you know where you are going it is easier to pack.

It is just like packing for this vacation to Puerto Vallarta. We bought along our snorkeling stuff “in case” there was good snorkeling. When we travel to Hawaii we know there is amazing snorkeling and would pack our snorkeling gear before other stuff.

Do you know where you are headed this year? Are you planning your vacations more than your life? Life is short – shorter than you think. I believe lucky days are waiting for you. What do you believe you are waiting for?