

# IS IT LUCK OR IS IT YOU?

By  
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As I am writing this, St. Patrick's Day is just around the corner, and you guessed it, I am Irish - not a surprise to most of you! I see the day as a celebration with lots of festivals, corned beef and cabbage, wearing green, and don't forget the four leaf clovers! The legends and history of St. Patrick's Day and the "Emerald Isle" are filled with references to shamrocks, leprechauns, the color green, pots of gold, and the "luck of the Irish".

Have you ever come across people who seem to be lucky in many situations and circumstances? Lucky in Love...Lucky in Sports...Lucky at Winning, Lucky on the Job. They appear to be followed by good luck wherever they go. They meet the right people at the right time; they find the best jobs; they make the right decisions; good things just always come their way, seemingly without effort. Like they say in the movies, they get the Girl or the Guy and live happily ever after!

But Luck is not necessarily just a result of karma or coincidence. Being "lucky" and having good things come our way is a result of our thoughts and our actions. Thinking positive (lucky), makes us perform better, and creates a "positive (lucky) environment". We unconsciously create this "luck" by our positive mindset, attitude and actions. So can we create bad "luck" by negative thoughts, beliefs and inertia.

I believe the "lucky" people think and behave in ways that solicit their "good fortunes". They are not spectators in life but are the real players who want it the most and will do "Whatever It Takes" (the **WIT** principle) to make it happen. From the outside looking in, we think they are lucky, but in reality, they create their own good fortunes by their attitudes, positive energy and targeted actions. They have a goal in mind, (their pot of gold) and the color green looks good on them and in their pockets!

Here's to creating your own Irish Luck this month and throughout the year. Put everything you have out there with positive affirmations, and you may never have to kiss the Blarney Stone, or find a leprechaun or a four leaf clover to be one of the lucky ones.

## TIPS FOR CREATING YOUR "GOOD LUCK":

- Be open to the possibility of something good happening.
- Expect good Fortune.
- Put yourself in the right place at the right time.
- Expect the best, and do what it takes to get it.
- Always pick up the lucky penny. (It can't hurt!)



OK, so a little superstition is involved with believing you will be lucky! Most of us have a few rituals that we adhere to such as getting up on the right side of the bed, never

stepping on a crack, or not walking under a ladder! Even some famous athletes have their routine rituals they perform before the big game, or they always wear that “lucky” piece of clothing. At the end of the game though, it is their attitude, perseverance, skills, and a positive frame of mind, that brought them the big win. Be a person who attracts good fortune by your positive outlook and hard work and a little “luck”.

Happy St. Patrick’s Day to all my little Leprechaun readers, I am so blessed and **“Lucky”** to have all of you! May the Luck of the Irish be with you.