

Make your own luck



Being successful is not about having the right kind of luck or expecting the right break to come your way. It is not about the mere expectation that you will succeed. It is about taking steps every day to be better than you were the day before by moving in a positive, forward trajectory. Make a blueprint and set out milestones for yourself in specific timeframes, or you are not going to hit your goal. Things do not come to fruition just because you really, really want them to happen. You have to make them happen.

1. Remember the importance of being proactive and not reactive! What are some ways you can increase your effectiveness in how you respond to whatever is going on around you?

2. If you feel like a rudderless boat which is in chaotic motion without you taking charge at the helm, remind yourself that you can take the helm and can be the captain of your ship. Focus on those things that you have control over. Right now think of a situation which is creating anxiety or turmoil for you. In the midst of that situation what are some of the proactive things that YOU can do and that YOU have a choice about? What positive actions can you take?

3. Write a specific action plan, whether it be a checklist, schedule, or chart in which you reward yourself for sticking to your goals. Make some notes here to help you and create the best kind of action plan system that works for you!

4. Replace Covey's "Have" thoughts with "Be" thoughts – For example: The thought "If I had a better boss" can be changed to "I can "be" a more effective employee.

5. Enlist support. Do not hesitate to seek support from others in sticking to your plans. Just because you are the captain of your life does not mean that you need to go it alone. It's always nice to have crew! Who can you bring into your social support network? Remember that being proactive is strongly linked to resilience and resilient people have a strong support network!

6. Plan ways to manage your time and try not to spread yourself too thin! Find a good time management planner or journal that works for you and use it. You may have to try out different ones to see what works best for you. Some people prefer to write by hand and some prefer to use digital methods.