

## CREATE YOUR OWN LUCK CHECKLIST



**Many times when we see positive things happening for others, and even ourselves, we chock it up to luck - something that was out of our control or that others are just more blessed than us. What we don't see is what went into creating that "luck". There are many things you can do to set yourself up for more "luck." Try them out or double down if you're already doing these things!**

- Plan your week ahead and schedule in activities that move you in the direction of what you want.
- Follow through on your plan! Even when you don't feel like it. Especially when you don't feel like it.
- Enlist accountability - someone who will ask how you are doing on what you said you would do. A friend, coach, trusted other.
- Think more about what you want than what you don't have. Also, think about all that you already have and feel grateful.
- Enlist help from others who have done what you are trying to do, have created what you are trying to create.
- Simplify by using reinvention mindset:
  - a) Remove things from your life that are holding you back or take steps toward removal.
  - b) Clarify what's missing that would help you to move forward and start taking steps to add those things in.
- Set realistic goals - stretch, but doable.
- Don't compare yourself, your progress or your place in life with others - it's mostly self-defeating.



**Remember you are where you are supposed to be right now - believe your good is coming. This mindset, along with taking action, experimenting, learning will get you and keep you moving in the right direction. Enjoy the process!**



**Kimberly DuBrul, PCC, CRP**

Business, Life, and Mindset Coach

Kimberly@KimberlyDuBrul.com

www.KimberlyDuBrul.com

LinkedIn: coachkimd | Facebook: Kimberly DuBrul Coaching | Instagram: @KimberlyDuBrul