



Make Your Own Luck!



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March is a month of many dichotomies - March Madness, Women's History Month, St. Patrick's Day, The Ides of March, the vernal equinox, and more. Take a moment to pause and reflect - which one of these are you most in need of right now?



Faith

The Oxford English Dictionary defines faith as “complete trust or confidence in someone or something.” If you find yourself in need of faith, and a reminder that you have within you the ability to respond to life’s circumstances with strength and light, consider making a Faith Activity Calendar. Here is a sample of some reflections and activities to stretch the edges of your spirit and renew your sense of faith. Once you start, hopefully you will be inspired to continue engaging in these activities beyond the designated days and remember your innate ability to love, empathize, and be kind in this less-than-perfect world.

Love

[Greater Good Science Center](#) shares that “Love is at the heart of the human story. It connects us to others, drives us to nurture and protect, and gives richness and meaning to our lives. Love comes in many forms—compassionate, companionate, love for family, friends, and even strangers—each serving a unique role. What unites them is that they all involve:

1. a deep, unselfish commitment to another person’s well-being—even to put their interests before your own;
2. emotional, cognitive, and behavioral dimensions—they involve our feelings toward others (in a fleeting moment or over long periods of time), our perceptions of them (we truly see them), and actions we take to support them or express our care for them.”

To feel love, you can focus on cultivating positive connections with others through acts of kindness, open communication, physical touch, spending quality time together, showing empathy and understanding, and most importantly, practicing self-love by being kind to yourself and accepting the beauty of your imperfections.

Here are some key ways to experience love:

Nurture relationships

- **Active listening:** Pay close attention when someone is talking to you and ask thoughtful questions.
- **Express appreciation:** Tell people you care about how much they mean to you.
- **Quality time:** Dedicate focused moments to connect with loved ones, doing activities you both enjoy.
- **Physical touch:** Engage in affectionate gestures.

Practice self-love

- **Positive self-talk:** Be kind and compassionate towards yourself.
- **Self-care:** Prioritize activities that nourish your mind and body, like exercise, healthy eating, and relaxation techniques.
- **Accept your flaws:** Recognize that everyone has imperfections and embrace the beauty of your unique qualities.

Empathy and understanding

- **Perspective taking:** Focus on seeing things from others' perspectives.
- **Offer support:** Be there for people when they need you.

Open communication

- **Express your feelings honestly:** Share your thoughts and emotions openly with those you trust.
- **Be vulnerable:** Allow yourself to be open and authentic in your relationships.



Hope

Have you heard about glimmers? The term “glimmer” was coined by psychotherapist [Deb Dana](#) to make the complex polyvagal theory more accessible. Glimmers refer to the moments of positivity we experience that can combat difficult situations or negative emotions; tiny micro-moment of happiness; a sign of hope. Here are some examples of different types of glimmers I’ve experienced:

Sensory experiences:

- ✦ The warmth of snuggling up under my down comforter
- ✦ The smell of brownies right out of the oven
- ✦ The sound of my baking timer going off
- ✦ The sight of the night sky on a clear evening

Moments of connection:

- ✦ Receiving a card from a loved one out of the blue
- ✦ Spending time enjoying a long lunch with a friend
- ✦ Exploring and having epiphanies with my coach
- ✦ Experiencing a random act of kindness

Personal accomplishments:

- ✦ Feeling of pride in meeting my goal to read every night before bed
- ✦ Setting boundaries...and holding to them
- ✦ Listening more and talking less
- ✦ Learning a new cupcake decorating skill

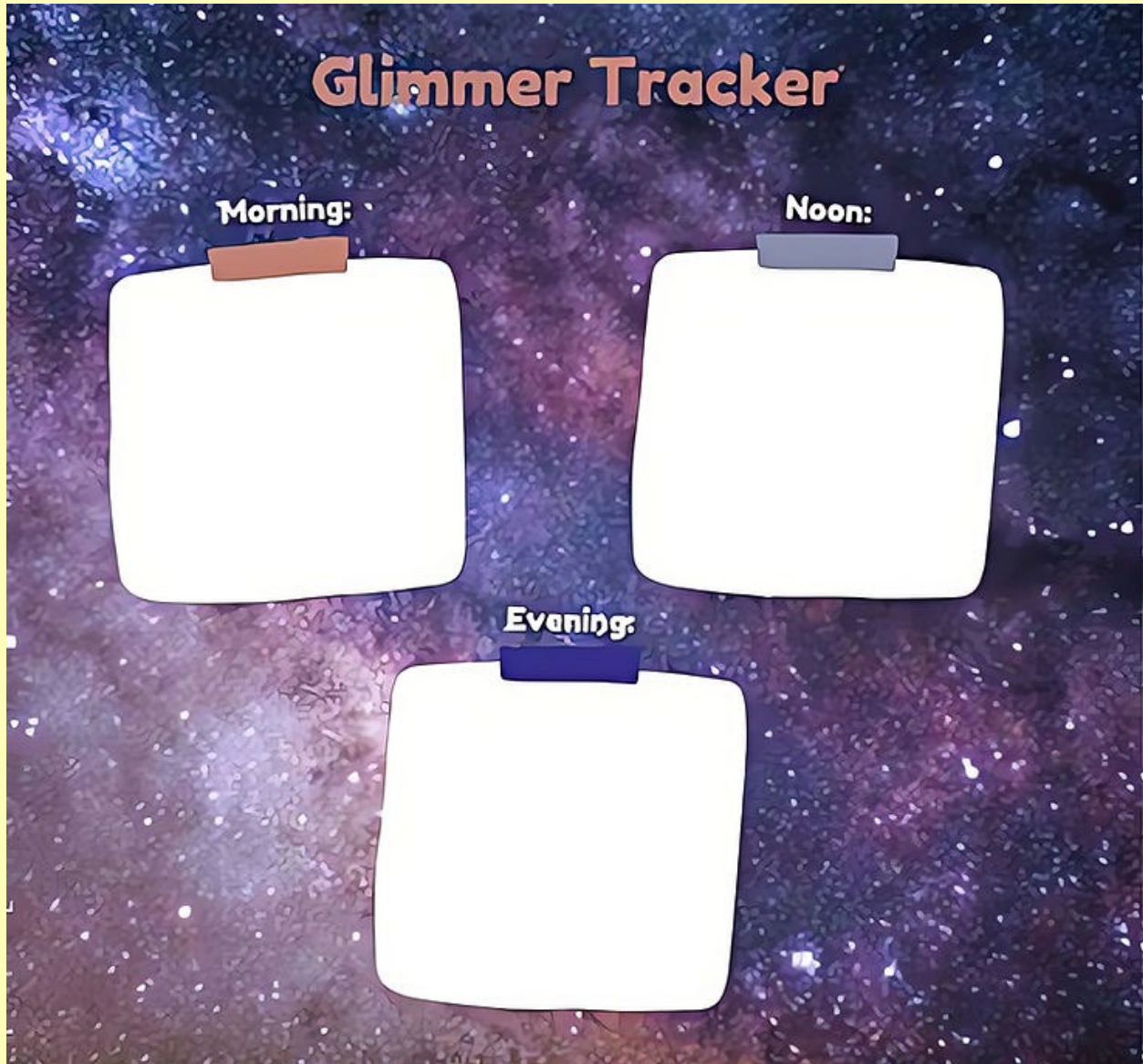
Nature's wonders:

- ✦ Seeing the first snowflake
- ✦ Spotting a ladybug inside on my window ledge in the middle of winter
- ✦ Hearing the soft patter of rain
- ✦ Savoring the smell of pine needles on the holiday tree

Simple pleasures:

- ✦ Getting lost in a good book
- ✦ Enjoying a Saturday with no schedule
- ✦ Sipping a fresh, hot cup of coffee
- ✦ Relaxing in a spa day with a good friend

If you identified hope as one of the things you most need now, begin to intentionally look for glimmers. Use the Glimmer Tracker to begin noticing these moments throughout your days. Consider it a treasure hunt, and invite others to join you and share their glimmers to increase the positive energy in your world.



Luck

"Making your own luck" means actively creating opportunities for positive outcomes in your life by being proactive, open to new experiences, maintaining a positive mindset, and taking calculated risks. It is essentially about shaping your circumstances rather than passively waiting for good things to happen to you and actively seeking out opportunities and being prepared to seize them when they arise.

Luck is when preparation meets opportunity. Start preparing by taking a break from your normal routine, get comfortable with uncertainty and embrace a place to grow with a “Courageous Day Out.” Pick a day to look for and create these key aspects of “making your own luck:”

- **Positive attitude:** Cultivating a positive outlook and believing in your ability to achieve goals increases your focus on solutions and potential opportunities.
- **Openness to new experiences:** Stepping outside your comfort zone and embracing new situations can lead to unexpected opportunities.
- **Proactive behavior:** Taking initiative, actively seeking out opportunities, and not just waiting for things to happen.
- **Networking and building relationships:** Connecting with others and fostering positive relationships can open doors to new possibilities.
- **Preparation and planning:** Being knowledgeable and well-prepared to take advantage of opportunities when they arise.
- **Trusting your intuition:** Paying attention to your gut feelings and acting on them when making decisions.
- **Resilience:** Bouncing back from setbacks and learning from failures.

Consider using the Courageous Day Out Activities list and pick one to try. Color in each one as you try it and maybe even journal about your reflections. If you’d really like to focus on networking and building relationships, get a group together and plan a Courageous Day Out and reflect on your “ah ha” moments at the end of the day.

Courageous Day Out Activities		
Seize at least one opportunity	Schedule a dinner with three colleagues	Learn a new skill
Explore a solution	Schedule the health check up you've been putting off	Pause before making a decision and listen to what your gut is telling you
Go to a new restaurant or store	Choose two people to reconnect with	Ask a question that you don't know the answer to
Get Resilient! Ask what is possible and who cares...then reach out to them	Change your gaze - look for beauty and joy	Notice when you are triggered and practice being responsive rather than reactive

An Additional Make Your Own Luck Resource

On this St. Patrick's Day Monday, let's continue to celebrate the spirit of the month with this additional resource to keep the luck flowing! Let us know if you try any of these, or share one of your own with all Worthy Educator members.



Make a Wish!

If you found a four-leaf clover, what would you wish for? Reflect on these four leaves:

- One wish for an item under \$___ that would make your day
- One wish for a gesture or an act of kindness that would make your day
- One wish for time with a person/people that would make your day
- One wild and crazy wish for your future

Survey your friends, colleagues, team members and loved ones, and then surprise them sometime in the month of March by making a wish come true! Especially on St. Patrick's Day, this lets them know that the real treasure in your life is them!