

Add luck for your best success formula

Bradenton Herald Newspaper

Joan Dickinson, ED.D., Life Coach

June 2, 2007

Do you believe we succeed through hard work? Well, most of us were raised with that ethic. Here's the formula: Responsibility and Hard Work = Success. And because we believe that, we create the self-fulfilling prophecy. We succeed, but only with hard work, great effort and sometimes a frown on our face.

But what about luck?

As I look back at my own life, I attributed much of my early successes to being in the right place at the right time. When I wanted something, I usually got it. Golden, easy, yes, lucky.

Then came some big adult disappointments, like divorce, illness, and I learned to achieve by hard work. Responsibility was my motto. I forgot about dreams, desires and luck.

In retrospect, I see that most of my successes, even the hard work ones, contained huge doses of luck. Now I'm back to believing we can make our own luck, achieve our dreams and goals without so much hard work. And the work we do, like writing this column, can be fun and the most fulfilling.

OK, maybe you don't believe you are under a lucky star. Humor me and write down your best successes in life. Remember, a great success is an achievement that makes you smile as you recall it. Success can be making a new friend, your first date with someone who became your spouse, a new job, a promotion, a sport or scholastic achievement, or finding the perfect home.

Now answer these questions.

- Was this success something you wanted?
- What did you do to achieve this success?
- Did you achieve these goals by yourself or did you have the help of someone else?
- Was there an element of a lucky break?
- Was there an element of uncanny timing?
- While you were toiling away, did a solution or help just seem to pop out of nowhere?

Now, as you reexamine your success list, do you think your successes were only due to your hard work?

Here's what I think: I think if you say, "I am lucky," enough times, you will start to believe it and you will become lucky. If you truly believe you can have what you want,

you will achieve it. Trust begets trust. If you say, like the little engine that could, “I think I can, I think I can” you can, and help will usually come from somewhere. Let your positive beliefs dictate your actions, your life goals. That kind of effort makes for easy work.

I think the most mediocre parts of our lives are due to our settling for less than we want, when we feel the yoke of work as a heavy, heavy burden. So we plod along; no lucky breaks here. And why should we have a lucky break? We’re probably on the wrong path, not listening to our dreams or desires.

When we feel lucky, we’re usually on the right path. Our inner self will guide us through our desires, and our happiness will show in our smiles. Luck is really trusting in some help from the unknown. Easy work is work that uses our best talents.

Try this success formula: Desire + Easy Work + Luck = Success. Now, please, if you win the lotto, remember me.