

Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

March 2005

Luck of the Irish??

Shallow men believe in luck. Strong men believe in cause and effect. - Ralph Waldo Emerson

As you may have noticed, I like to center my newsletter themes on the time of year and holidays. It helps me focus and lends itself to creative inspiration. I have been anxiously awaiting this month's newsletter. The topic for this month has been in my thoughts, dancing around and anxious to come out, for quite sometime. And, in truth, it was inspired by one of my clients.

Imagine you are having a conversation with a friend. Your friend compliments, "You are so successful. You have a nice home, wonderful children, and a great job. How do you do it?" And, you reply, "Just luck, I guess." Take a moment to reflect on your response. How does it make you feel? How are you viewing your accomplishments? How does it position you to consider future success?

The phrase "just lucky" makes me feel a sense of powerlessness, as if I can have no involvement in creating where I am and where I will go from here. Saying I am lucky attributes my success to something outside of my control that appears very random. Viewing it from that position, it also makes it seem as if I must wait for luck to strike again for me to move forward. I cannot act proactively to attain my next success. From this perspective, the whole concept of luck as the reason for success seems much less appealing.

So, why not take credit for our achievements? One reason is that we may worry about being self-centered or selfish if we recognize our success as a direct result of our effort. Many of us learned as young children that saying we were "awesome" was being boastful and was not looked upon favorably. We may also feel uncomfortable with our success if the person we are with has achieved less. Another cause may be that negative voice in our head that diminishes what we do by saying, "You are so stupid for trying that" or "You cannot possibly have achieved your goal because you did not work hard enough." We become our own worst critics and do not allow ourselves the freedom to recognize and find joy in what we have achieved because society tells us we should always achieve more.

However, if we do not pause to identify how we create our success, we leave our future in the hands of external factors. External factors are those that are viewed as out of our control and can be exemplified in phrases such as "being in the right place at the right time" or "being blessed with good genes." These phrases discount our efforts. We may have attended several networking events to make ourselves visible and made a dozen follow-up calls to land our big client. Or, we may have a regular, challenging workout routine that keeps us in shape. When we do not

acknowledge the efforts we put in to reach our goals, it can lower our self-esteem. Over time, we do not view ourselves as active players in our lives and have difficulty recognizing how hard we have worked. At that point, maybe “our luck runs out” because we are no longer being proactive since we did not realize how we created our success.

So, if we do not attribute our success to luck, then where does success come from? Research has suggested attributing success to internal factors, or factors within our control. Internal factors account for the actions we consciously take to reach our goals and create the life we want. For example, consider your friendships. If you have wonderful friends, you would credit the high quality of these relationships to making your friends a priority, giving ample time to maintaining your connections, and being the kind of friend you want others to be. All of these actions are within your power and have little to do with luck. Ascribing success to internal traits also improves self-esteem because it empowers us with the knowledge that we choose our actions and create our results.

A final question ... is there a place for luck? Sure, if you win the lottery, that really is luck of the draw!

The harder I work, the luckier I get. - Sam Goldwyn

If you would like to read more about how we shape our own luck, I recommend the following:

[How to Create Your Own Luck](#) – Susan RoAne

[The Luck Factor: The Four Essential Principles](#) - Richard Wiseman

Speaking of working harder and seeing results, I have exciting news to report this month!! I have partnered with Big Vanilla Athletic Club to be a part of the club's holistic approach to wellness. Exciting opportunities await me there!! Visit their website at www.bigvanilla.com. Additionally, I have joined the Severna Park Chamber of Commerce. On March 18th, I will be leading a Business Round Table discussion for the Chamber titled Priorities, Goal Setting, and the Power of Positive Thinking. I will also be a panel presenter with two other area coaches at the Home-Based Business Showcase on May 4th at Office Depot in Severna Park, MD.

To learn more about coaching, visit my website at www.passion-for-life-coaching.com.

If you found valuable information in this newsletter, please pass it along. I welcome new subscribers! To subscribe/unsubscribe, please send an email to passionforlifecoaching@verizon.net. I also welcome feedback and topic ideas.

How do you view your success in life? Are you feeling lucky but would like to discover how you play an active role in your destiny? To find out more, contact me at passionforlifecoaching@verizon.net or 410-757-7326 to schedule a complimentary 30-minute session. Coaching sessions are generally conducted via telephone so you do not need to reside in the same area as the coach.

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