**November 2020 Mini Challenge –Lucky Duck**

*List 30 fortunate things.*

The “Lucky Duck” Mini Challenge invites you to recognize how lucky you are by listing one fortunate thing that happens to you each day for 30 days. Identify something that shows how you were in the right place at the right time. Big or small – anything positive qualifies. Perhaps you got a green light when you needed it, the checkout line was empty at the store, or you ran into an old friend. If you miss one day, then look for two good things the next day. Write your lucky events on the tracking sheet below or log them on your phone. It is a wonderful thing to remind yourself of how fortunate you are.

As we focus on the positive, the negative fades into the background or goes completely unnoticed – making life much more enjoyable. Here is the crazy part: your life can change for the better. Positive thoughts breed positive outcomes. When we believe that positive things happen to us, more and more positive things do happen to us. This may sound far-fetched but try your luck and see.

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