Jessica Ell
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A Charmed Life

What She's Having | March 2025

Reflection: You and Luck

What do you think luck is?

What thoughts do you have about luck?

How lucky do you think you are?

What kinds of lucky things have happened to you in the last week? The last month? The last year?

What is the luckiest thing that has ever happened to you?

How do you respond when lucky things happen to you? How do you feel?

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Reflection: You and The Unexpected

When you hear “the unexpected,” what kinds of events and circumstances come to mind? Using adjectives, how would you describe the general vibe of those things?

How do you typically respond to the unexpected? What’s your emotional response? Your mental response? What actions do you take?

How often do you take chances on low-stakes things (like buying a pack of mystery underwear on Amazon)?

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Practices to Boost Your Luck

Before you start implementing these practices, there's one thing you must keep in mind:

Luck isn't linear.

Smiling at strangers in the gym isn't going to make your next partner fall in love with you (probably).

Wearing red lipstick isn't going to get you a callback from your dream job (probably).

Making lists of all the small, lucky things that happened today isn't going to culminate in a windfall from a newly dead distant relative (probably).

The point isn't to cause lucky things to happen because-as we well know-luck isn't ours to command.

The point is to cultivate the energy of luck-the fun, playful, lighthearted vibe that says to the Universe, "I'm ready! Come out and play!"

When you cultivate the energy of luck and become an active participant in the Universe's game of Peekaboo, count on big, magical, "I can't believe that happened" things to show up in your life.

Just don't count on knowing what, when, and how they happen.

It's more fun that way anyway.

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REM: Reverse Engineering Magic

Luck often follows patterns that vary from person to person. This exercise will help you identify your unique luck patterns so you can encourage more luck to find you!

What is a lucky or unexpected thing in your life that you would've said was impossible before it happened?

What events transpired that led to that thing?

Could you have predicted the way things unfolded?

Think about any other times something similarly lucky or unexpected happened. What patterns and similarities do you notice? This is your Luck Signature!

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“Leaving the House” Luck Mantras

The best mantras are simple. Even better are ones that feel playful, silly, or generally lighthearted.

My recommendation? Use them as you walk out the door. Say them anytime you leave the house.

Here are a few I like to get your wheels turning-they’ll work best if you write your own!

- I might meet the love of my life today.
- Something wonderful is going to happen today.
- I’m a lucky woman.
- Good things happen to me all the time.
- I wonder what interesting things are going to happen today.

Write a few of your own luck mantras that make you feel playful, silly, or curious, and say them as you’re walking out the door every day.

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Smile at Strangers Challenge

Have you ever considered how wild it is that loneliness is practically a pandemic, yet, by and large, efforts to connect with other people are deemed “creepy” or “weird”?

That’s total nonsense.

For this exercise, you’re going to do your part to reduce the levels of loneliness in the world. And you’ll find that you get luckier in the process.

The next time you go somewhere public with a lot of strangers-grocery stores and gyms-I want you to smile at someone.

The specific, two-step process is as follows:

- As you’re walking into the store or gym or what-have-you, silently say one of your “leaving the house” mantras to set the tone. This works best when your energy is right, so use the mantras to get yourself into a state of feeling lucky, lighthearted, or playful.

- Make eye contact, give them a little smile, and nod your head like you’re acknowledging the presence of another living, breathing human being.

That’s it. That’s all you have to do.

A smiler’s note:
Many people will avoid eye contact altogether, or look away if you do happen to lock eyes (the horror!).

Don’t let that discourage you. Just keep encountering new people and endeavoring to create little points of connection with your fellow humans.

As you get more comfortable, you might even find yourself striking up conversations! But remember that it’s never about “causing” something to happen.

This is about cultivating your own energy of luck and shining it out into the world.

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Dress up for the world (and the Universe!)

When you look good, you feel good, and when you feel good, it's a whole lot easier to cultivate the energy of luck.

There's a line in a Fleetwood Mac song that goes,
"She's got a million bucks//
And she looks like it."

That's what we're going for-if you want to luck yourself into a million bucks (or anything else), start by looking the part.

For this exercise, I want you to think of the world and the Universe as a friend you're excited to see. Pretend you're going to do something fun-a nice dinner, a great show, a day at the county fair eating corn dogs and lemon shake-ups.

Now, go to your closet and pick something that feels fun to wear and that makes you feel great about yourself.

This isn't strictly about clothes, either. Experiment with different hairstyles, lipstick, accessories.

Anything that makes you feel good about your appearance works!

Write down three things you can do with your current closet, current body, and current makeup bag that make you like the way you look.

Pick at least one of these things and wear it tomorrow.

One note if you're currently in a season of dissatisfaction with your appearance, body, or closet: Don't fall into the trap of thinking you'll start dressing better when you've changed. The trick to changing your appearance is to accept where you are right now, with the knowledge that you aren't going to stay here.

Show yourself some love and appreciation, in whatever way feels authentic and honest. If you hate your entire closet, try starting with lip gloss or blowing your hair straight. Try some funky press-on nails. Put on the enormous tacky earrings.

Wherever you are right now is a fine place to start having more fun with your look. The Universe just wants to see you having a good time!

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Take Liquid Luck

There's a storyline in Harry Potter and the Goblet of Fire where Harry drinks Felix Felicis-"Liquid Luck"--a potion that makes the drinker extravagantly lucky. While under the influence, anything they endeavor will be successful.

Harry uses Liquid Luck to accomplish something we won't get into here, but he also pretends to give his friend Ron a few drops to boost his confidence in a sports match.

Ron hadn't actually taken any of the potion, but believing he was lucky created a placebo effect that caused him to kill it on the field.

For this exercise, you're going to create your own Liquid Luck scenario.

Imagine an ordinary day in your current life-this is a day in which you have to take care of the kids, go to work, cook dinner, etc.

It's normal and unremarkable in every way... except that you've taken Liquid Luck. You slipped a few drops into your coffee such that you know everything you touch will be successful today.

Now, describe this day as an unequivocally lucky woman, from coffee onward:

You go to your closet. What do you put on? How are you styling yourself today? What makeup, hairstyle, accessories, shoes?

What do you have for breakfast?

When you look at your schedule, what do you think? How do you feel?

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Take Liquid Luck

Knowing that everything you do will be successful, what are you going to work on?

Aside from work, how are you going to spend this day? What are you going to do?

You get in your car. Where are you going? What kind of music do you turn on?

Your work day is done and everything has gone perfectly. Everything was a success. How are you going to spend your evening? What are you going to do for dinner?

You're climbing into bed at the end of the day. What was gratifying about this day of luck? In a few words, describe how you showed up. What felt good about it? What thoughts were going through your head all day?

The second part of this exercise is to live your scenario! Tomorrow morning, pretend you've spiked your coffee with Liquid Luck and endeavor to live the day you've just described.

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Taking Off the Gloves

Luck falls under the umbrella category of The Unexpected, and one of the key tenets of becoming lucky is being willing and releasing control.

Remember that you can't command luck or demand anything of the Universe.

You also can't reject or resist negative things that come your way.

Firstly because negative things are part of being alive, and as Byron Katie says, "When you argue with reality, you lose, but only 100% of the time."

Instead of arguing with reality, this exercise will help you welcome The Unexpected.

I used to see a man who would say to me, "Take off the gloves," anything I came in hot and ready to argue with him. It was a remarkably effective way of disarming my fight.

That's what you're going to do here: As the first part of welcoming The Unexpected, you're going to take off the gloves.

Visualization: Taking Off the Gloves
Think of something in your life that you wish wasn't happening, or was different.

Bring the situation front and center in your mind. Notice how you feel-all the frustration, anxiety, panic, resistance. Allow all the feelings to grow.

Now, visualize yourself wearing a pair of boxing gloves.

Visualize yourself pulling the Velcro apart. Hear the strap unfasten. Drop one glove and see it fall to your feet. Now remove the other one. See both gloves on the floor at your feet.

Say to yourself, "Okay, Life, I'm taking off the gloves."

Now, turn your palms to the sky, and say, "I'm willing for this to be exactly as it is right now."

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Taking Off the Gloves

How do you feel?

Most people feel a sense of relief wash over them when they stop fighting and let go of control.

And you've just learned the first part of how to welcome The Unexpected. When you get comfortable releasing control, you build confidence in your ability to handle The Unexpected, whether it's good or bad.

And the more comfortable you are with the broad category of the unexpected, the more the unexpected will occur.

The second part of this exercise is to stretch your willingness to get things you don't want.

Go online and order a mystery box.

It can be a grab bag of anything-I found a mystery box of thongs on Amazon.

There are also websites selling mystery boxes.

Try one out! And when you get something you didn't really want, take off the gloves.

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Calibrate Your Magnets

Identifying Your "No" Magnet

Our best lives aren't architected; they're tracked and followed. The hints we get come from our Essential Selves. The good news is that we have an internal navigation system. The bad news is that we rarely know how to use it because the Essential Self doesn't communicate in words.

In this exercise, you're going to uncover how YOUR particular navigation system works.

1. Start by recalling your least favorite job.
2. Close your eyes and imagine you are reliving a typical day in that job. Remember any terrible bosses or coworkers you had, nasty emails you got, stupid office politics you had to deal with.
3. With that refresher in mind, say to yourself, "I am meant to be a [your job title]. I am meant to work at [your terrible company]. I am meant to work for [your terrible boss]. I am meant to work with [your terrible coworkers].
4. FREEZE! Notice how your body feels! Write down what you notice:
    a. Any physical sensations like tightness, clenching, contracting.
    b. Any vocalizations or expressions you instinctively want to make.
    c. Where in your body do you feel the sensations?

REMEMBER HOW THIS FEELS.
This is how your Essential Self says
"NO, WRONG DIRECTION."

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Calibrate Your Magnets

Identifying Your "Yes" Magnet

Now that you know your "no," let's find your "yes." This exercise is simpler.

1. Close your eyes and say to yourself three times, "I am meant to be at peace."
2. FREEZE! Notice how your body feels! Write down what you notice:
    a. Any physical sensations like expansion, tingling, warmth, lightness.
    b. Any vocalizations or expressions you instinctively want to make.
    c. Where in your body do you feel the sensations?

REMEMBER HOW THIS FEELS.
This is how your Essential Self says "YES."

BONUS EXERCISE:
To test drive your magnets, pull out your to-do list for today.
Item by item, notice your Essential Self's response.

Don't freak out if most or all of your list gets a "no" from your Essential Self.
That's very common, and there's nothing you need to do right now besides become acquainted with your internal navigation system.

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Follow the Magnets

Many people don't know how to listen to their hearts because they're grossly out of practice. This exercise is about following your magnets in small ways.

If you don't know what your magnets feel like, complete the calibration exercises on the next two pages.

Then, pick a day when you have few obligations.

For the whole day, your only agenda is to do exactly as you please.

Pay attention to what you WANT, and as much as possible, do it!

To start, make a list below of things you've been meaning or wanting to do. When the day comes, pull out the list and use your magnets to guide you.

Be willing to go off-road and follow the magnets wherever they lead.

Luck will find you when you aren't rigidly set on a destination.

Things I've been meaning or wanting to do:

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Surf the Flow

This might be a tricky exercise for you if you're a highly scheduled and regimented person. But when it comes to experiencing more luck, it's important to trust the flow of your energy.

Big, magical, "I can't believe that happened" stuff happens when you're in the flow of life, and the best way to get into it is to start honoring the flow of your energy.

Start by taking a look at how rigid you currently are.

Rigidity Assessment

Do you have a to-do list with 5+ things on it every day?	Yes	No
Are huge portions of your day assigned to appointments or timeblocks?	Yes	No
Do you have to schedule when you're going to eat lunch?	Yes	No
Do you often wake up when you're still exhausted because you need the morning hours to get stuff done?	Yes	No
Do you often feel like you can never get a task done in the time allotted?	Yes	No
Do you often have to cut things short-even if you're enjoying them-because you have to move on to the next thing?	Yes	No

If you checked "Yes" to two or more, you'll benefit from experimenting with letting your energy drive your day instead of the calendar.

A small way to start surfing the flow of your energy

On a day when you don't have to follow your schedule exactly, allow yourself to do things for as long as you want to.

If you're rockin' and rollin' on a project, and you don't want to stop, don't!

Just ride the wave!

And if a part of you is screaming in resistance at this suggestion, complete the following reflection first.

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Surf the Flow

A Conversation with Your Inner Control Freak

There's a part of you that is very upset you're even thinking about loosening up on your to-do list and schedule.

You're going to have a kind, curious conversation with that part of yourself.

Bring that part of you front and center. Sit it down in front of you, and ask it...

"What's going to happen if I don't stay on top of all this stuff?"

"What's so bad about me just working on what I want to work on?"

As you look at what that voice had to say, it's very important to not argue with or invalidate it.

Instead, you're going to do a couple things, in this order:

1. Validate it. "Yeah, these are reasonable concerns, and I can see why you're troubled."
2. Assure it you're conducting an experiment, not blowing up your whole life. "I'm going to play around with a different way of doing things this afternoon. It's just a little experiment, and we'll see what happens."

Now you're ready to see what happens when you follow the flow of your energy. All you have to do is let it flow, and not interrupt or prematurely stop it.

Happy surfing!

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Your Luck Logbook

Date	Lucky Thing That Happened	What I was doing before this happened	My general energetic state in the runup to this event

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