



The 7-Day Lucky Ritual

One song. One seed. Seven days of acting lucky.

1. Move

Play a song that lifts you and move for a few minutes. Silly counts double.

2. Plant

While the feeling is fresh, plant one small seed. One action, not the whole garden.

3. Let go

Do the thing, then release it. No white-knuckling the outcome.

This week I'm growing luck in:

DAY	THE SONG I PLAYED	MOVED	THE ONE SEED I PLANTED	DID IT
Mon		☐		☐
Tue		☐		☐
Wed		☐		☐
Thu		☐		☐
Fri		☐		☐
Sat		☐		☐
Sun		☐		☐

What good thing showed up this week that you almost missed?

Seeding Serendipity
GROW YOUR OWN LUCK