

Changing Your Luck in 2012

Tips from Aurora Winter, author of “From Heartbreak to Happiness”
& Founder of the Grief Coach Academy

For those who had bad luck in 2011, whether from a divorce, death, breakup, bankruptcy, foreclosure, job loss or other unfortunate events, changing your luck from bad to good is absolutely essential.

How to Change Your Luck!

Your audience will learn:

- How bad luck attracts more bad luck – and how to change that
- How to take advantage of the fact that good luck attracts more good luck
- How happiness attracts good luck
- How much of our happiness is under our immediate, voluntary control
- Powerful ways to increase happiness, get unstuck, and create good luck
- Top 3 reasons New Year’s resolutions fail
- The only resolution you’ll ever need!

Getting 2012 off to a great start is important for everyone, especially for those overcoming a “bad taste” from 2011 such as from a divorce, death, breakup, bankruptcy, or a string of bad luck.

Aurora Winter Formerly a film and TV executive producer, Aurora Winter is the Founder of the **Grief Coach Academy** and the author of “**From Heartbreak to Happiness®**” and “**Encouraging Words**”. Aurora is a popular guest on radio and TV, and has appeared on ABC-TV, KTLA, NBC, Fox, Oprah Radio, and more. She is a sought-after coach trainer, speaker, and author. Visit: www.FromHeartbreakToHappiness.com and www.GriefCoachAcademy.com

Aurora Winter will share with your audience:

- How bad luck attracts more bad luck – and how to change that
(“When it rains, it pours” is true – people can get stuck attracting bad luck. How to tell if you’re repelling good luck. Aurora’s streak of “bad luck”.)
- How to take advantage of the fact that good luck attracts more good luck
(People on a lucky streak attract even more wonderful opportunities, from job offers to romance to new clients to cash windfalls - the “rich get richer”)
- How happiness attracts good luck
(How you can attract good luck by deliberately choosing to become happier. Create your own luck by focusing on the things you want – not the things you don’t want. Examples: gratitude journal, thank a mentor, vision boards)
- How much of our happiness is under our immediate, voluntary control
(Only 10% of our happiness is due to life circumstances, and 40% is under our immediate voluntary control, with the balance responding to good habits such as daily meditation or deep breathing, walks in nature, exercising, getting enough sleep)

- Powerful ways to increase happiness, get unstuck, and create good luck
(Positive affirmations, such as: “I am capable and competent and I can handle this” or “Every way, in every day, I’m getting better and better” or “I’m lucky in love”. Focus on helping others, including random acts of kindness. Don’t settle for a job or even a career when you could be living your calling and making a real difference.)
- Top 3 reasons New Year’s resolutions fail and how to avoid these common pitfalls
(Allowing a single setback to become a permanent failure, not developing a support team, too many resolutions)
- The only resolution you’ll ever need!
(Decide to be happy, it will help you achieve ALL your goals – did you know happy people make \$1 million more over a lifetime, are 35% less likely to get sick, and live 7 years longer? And best of all, they are happier!)
- Why the right job is essential for good luck
(Focus on your calling – don’t settle for a job or even a career when you could be living your calling)
- Why your environment matters
(Environment is stronger than will – so eliminate clutter, toxic thoughts, toxic people, and toxic habits. Instead, create a peaceful, prosperous, supportive environment to maximize your good luck)
- A simple trick that dramatically improves results
(Focus on developing habits that will automatically take you towards your goals, such as going to the gym, drinking plenty of water, or skipping wheat and sugar)
- 3 fun and effective ways to make this the best year ever
(Know your “big why” for each goal, get a coach or an accountability buddy, pick a lucky theme word for 2012)
- How the audience can get lucky right now with a free copy of Aurora’s book “From Heartbreak to Happiness” endorsed by Dr. Wayne Dyer, a calming mediation, and other audio gifts, or a free strategy session (\$100 value)
(Visit www.FromHeartbreakToHappiness.com for the helpful gifts, which are sure to improve your luck in 2012)

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