COINCIDENCE TRACKER

"It's less a question of why and more one of why not"

Now that you've had more opportunity to reflect, what do you think of coincidences and being more proactive about making them matter? Here are some activities to explore.

ACTIVITY 1: COINCIDENCE REFLECTION (TIME: 10-15 MINUTES)

Rack your brain. Whether you call them "coincidences" or something else, make a list of any significant synchronous events you've encountered in your lifetime. Make note as to any follow through actions and the outcomes to which they led. Are there any loose ends worth revisiting and pursuing?

Also, list your 3-5+ best friends, revisit how you originally met and see if you can pinpoint whether a coincidence occurred, even if as an icebreaker and something that bonded you.

ACTIVITY 2: COINCIDENCE TRACKING (TIME: ONGOING)

See if your heightened awareness about coincidence begins to help you "tune-in" to occurrences. Consider keeping a Coincidence Journal. When you experience an event, rate it on the coincidence spectrum.

1: Low-level **(someone just thinking of appears/emails/calls)**

2: Mid-level **(experience something 3x in rapid succession)**

3: Uncanny **(chance encounters)**

4: Astronomical* **(defies all odds / well beyond conventional explanation)**

* *Note if borne by a tangent near the end of a conversation with a new acquaintance*

Now that you're investigating tracking coincidences, there may be something to pay more attention or go and do or go and get. Follow through on whatever other options and opportunities you can pursue to see where they lead.

Have fun with it!

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