

# TEN HABITS FOR A LUCKY LIFE

Do you think you're lucky? Some people seem to have all the luck but in 'The Luck Factor', Dr Richard Wiseman shows there is a big link between how you think and act about luck and how lucky you actually are. The tips below can help increase your chances of being lucky.



1. In your job or placement surround yourself with people who support and help you to grow and are lucky themselves
2. Develop a more relaxed attitude towards life. Accept that in a new work environment you may get some things wrong but don't beat yourself up. Relax and learn from it
3. Give yourself permission to live the life you want by doing something different. Try taking small risks at work rather than avoiding challenges
4. Listen to your gut feelings and hunches. Use your intuition as an alarm bell – it can be a good reason to stop and consider the situation you are in carefully
5. Think about the opportunity your job offers you. Look for ways to set lucky goals and affirm your luck
6. Realise you can do it and ignore people saying you shouldn't. Attempt to achieve your goals, even if the chances of success seem slim, and persevere in the face of failure
7. Expect your interactions with others to be lucky and successful. Take responsibility and use your own resources rather than blaming others and making excuses
8. Look on the positive side of your bad luck. Remember that ill-fortune in your life may work out for the best just don't dwell on it
9. Be open – not closed – to new possibilities and opportunities to be lucky in your job and for what you want in life
10. Think of yourself as lucky, and then act lucky, start using this new behavior now

# JOBSHOPPING

## MY LUCKY LIST

First read each pair of contrasting statements on My Lucky List then rate yourself on a scale of 1 to 6. Finally add up your score to find out how lucky you are. Try to imagine the effect good luck could have on your personal and professional life. Now ask yourself what steps you need to take to bring more luck into your life.

I trust my intuition on important decisions and look at ways of developing it.	6	5	4	3	2	1	I look at things logically and don't believe in intuition.
I make a habit of doing fresh things, e.g. varying my daily route to university/work	6	5	4	3	2	1	I follow set patterns and routines each day
I regularly talk to new people I meet	6	5	4	3	2	1	I prefer to keep my head down and mind my own business.
I'm going to be lucky and not worry about bad things happening.	6	5	4	3	2	1	The odds are stacked against me and I feel anxious about what's around the corner.
I'm open to new experiences and try to make the most of chance events.	6	5	4	3	2	1	I tend to react to events and wait for things to be so bad I have to change.
I often bump into people who have a positive effect on my life.	6	5	4	3	2	1	I find it hard to build and maintain new relationships.
I have a clear picture of what I want from life and see people as helping me achieve it.	6	5	4	3	2	1	I haven't a clue about what I want from life and am cautious about other people's agendas
I go for goals however difficult and show stickability in the face of failure.	6	5	4	3	2	1	I play it safe and go for realistic, low-risk options.
I believe good things can come out of bad luck to help shape my future.	6	5	4	3	2	1	I brood over bad luck and often feel sorry for myself
I'm going to try and make my own luck in the future.	6	5	4	3	2	1	I'll take what life dishes up for me and plod on through.

## TOTAL LUCK LEVEL

### YOUR SCORES

#### LUCKY (40 – 60)

Congratulations! You really try to make your own luck. Keep at it each day.

#### MIDDLE OF THE ROAD (20 – 39)

Sometimes you're lucky, sometimes not. A safe approach but you could do more to maximise your potential and create that job and life you deserve.

#### UNLUCKY (0 – 19)

Your attitude and actions increase your chances of being unlucky. Stop wasting your energy on blaming other people and events. Focus on your own attitude and resources. You have great potential – what one small step can you take to realise it today?