

MEANINGFUL CONNECTIONS
IN A MODERN WORLD

relating



5 Ways to Boost Your Luck

PUT THE ODDS IN YOUR
FAVOR BY CREATING YOUR
OWN SERENDIPITY.

By Hannah Chenoweth

1
-**Surround yourself with optimistic, mentally tough people.**

I tell my clients to pretend luck doesn't exist. Lucky people are just people who don't stop until they succeed. Overemphasizing external factors outside your control is the quickest way to lose motivation. The most successful people I know are mentally tough enough to maintain optimism over the long term, despite the setbacks that occur (and they will—trust me!). They also tend to be friends with each other, so one of the best hacks for boosting your luck is to spend time with positive, resilient people.

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3
-**Recognize that you are lucky already.**

Luck is the lens through which you see the world. The simple act of noticing the blessings in your life can make you feel like the luckiest person alive. Take the *Bewitched* episode where Darrin receives a “lucky” charm. There's actually no spell on the charm, but because Darrin believes he's lucky, he feels more confident and notices one good thing happening after another. Use Darrin's sitcom situation to inform your own reality: If you wake up and tell yourself you're going to have an amazing day, you'll likely ride a wave of serendipity too.

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2
-**Prepare, prepare, prepare.**

Luck has this otherworldly, mythical air, but it boils down to preparation. When an opportunity comes along and you're ready to receive it, that's when luck happens. In Irish folklore, a young warrior's first task was to catch a hare, and then he'd walk into battle wearing the rabbit's foot around his neck. It wasn't a magical lucky charm; it was a reminder that he could get home safely because of his hard work and preparation.

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4
-**Refocus your attention.**

Where your attention goes, energy flows. So if you ask yourself, “Why do I have such crappy luck?,” rest assured that your subconscious will deliver all sorts of reasons. When you complain about the challenges life throws at you, all that energy is wasted. Instead, pose a more beneficial question, such as “What steps can I take to improve this situation?” You'll increase your luck by no longer engaging in past behaviors or unhealthy patterns and by focusing on what is working. When you allow less-than-ideal situations to get under your skin, you push yourself farther from your own rainbow.

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5
-**Have faith in the cyclical nature of life.**

There are times when we feel lucky and everything falls into place. When luck is nowhere to be found, we can feel stuck in the mud. Most people think luck is random, but there is energy in our environment that flows in predictable cycles, influencing the situations we draw into our lives. Through classical feng shui, we gain awareness of when and how these cycles affect us and use elemental strategies to improve our “luck.” You can take advantage of unfavorable cycles to learn, grow, deepen your faith, and strengthen who you are. That way, when good cycles roll around, you'll be in a better position to bring opportunities to a higher level of fruition.

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