

# Creating Your Own Luck

## **The Four Principles**

Professor Wiseman has identified the four basic principles that lucky people use to create good fortune in their lives.

### **Principle One: Maximize Chance Opportunities**

Lucky people are skilled at creating, noticing and acting upon chance opportunities. They do this in various ways, including networking, adopting a relaxed attitude to life and by being open to new experiences.

### **Principle Two: Listening to Lucky Hunches**

Lucky people make effective decisions by listening to their intuition and gut feelings. In addition, they take steps to actively boost their intuitive abilities by, for example, meditating and clearing their mind of other thoughts.

### **Principle Three: Expect Good Fortune**

Lucky people are certain that the future is going to be full of good fortune. These expectations become self-fulfilling prophecies by helping lucky people persist in the face of failure, and shape their interactions with others in a positive way.

### **Principle Four: Turn Bad Luck to Good**

Lucky people employ various psychological techniques to cope with, and often even thrive upon, the ill fortune that comes their way. For example, they spontaneously imagine how things could have been worse, do not dwell on ill fortune, and take control of the situation.

Author and psychologist Professor Richard Wiseman is based at the University of Hertfordshire in the UK and has gained an international reputation for research into luck, deception, the paranormal, humor, and the science of self-help.