

Luck be a

Stop standing on the sidelines watching other women have all the luck — the great boyfriends, the killer jobs, the amazing traveling adventures. You can have it all too! We've got 10 real ways for you to stop envying others — and start living the charmed life you've always wanted and deserve.

By Lola Brown

I buy a lottery ticket every week. And every week someone other than me — that lives a much more charmed life than myself — hits the jackpot. “Why can’t I be that lucky?” I find myself whining inside. According to Dr. Richard Wiseman, Ph.D., author of *The Luck Factor*, I can, and you can too. Wiseman has spent 10 years researching good fortune with the “The Luck Project.” He’s interviewed hundreds of people who consider themselves lucky or unlucky and found that “luck” really boils down to how we think and behave — chance has very little to do with it. So ditch that rabbit’s foot, but keep buying those lottery tickets because we’ve got 10 real strategies to bring luck into your life today.

1 Believe in beginner’s luck. You know those people who seem to be good at everything even if they’ve never done it before? It’s all down to positive thinking — they go into every situation thinking they can do something and it becomes self-fulfilling prophecy.

2 Dream big. Lucky people have wild ambitions and believe they can achieve them. Take Carolyn Wilman, who has won three exotic vacations, and tons of other stuff, this year. “I expect to win and I do,” says Wilman, who is a strong believer in visualizing what she wants. “Last August I said I want to win one contest for every day of

the month and I did.” Wilman dreamed of turning her winning streak into a career somehow and now runs a Web site for contest addicts like herself (contestqueen.com), gives talks of how to be lucky and is writing a book on how to be a winner.

3 Grab opportunities with both hands. Lucky people see possibility all around them and aren’t afraid of stepping out of their comfort zone. Listen to your intuition. If an opportunity is risky but your gut tells you to do it, then have faith in yourself. “Lucky people’s gut feelings and hunches are often surprisingly reliable. To them it just looks like luck. In reality it is all due

❖ SPIRIT IN TOUCH

to the remarkable inner workings of their unconscious minds," Wiseman says.

4 Talk to strangers. Open yourself to opportunities by meeting new people thus increasing the possibility of a lucky chance encounter. You never know, that stranger in the coffee shop could turn into your next best friend, husband or business partner. Lucky people are people magnets, so start conversations and see where they lead.

5 Don't dwell on your bad luck. After a car accident an unlucky person would think how unfortunate they are, but a lucky person would concentrate on how blessed they were to still in one piece. They feel better about everything because of this. "[Focusing on the positive] helps keep their expectations about the future high and increases the likelihood of them continuing to live a lucky life," Wiseman says.

6 Try new things. Research shows that lucky people are not creatures of routine. "Be open to new experiences," says Wiseman. "Vary your routines and even consider basing minor decisions on the roll of a die." Ease yourself into this revolutionary way of living by the seat of your pants by taking a different route to work every day or taking a class in something exciting — you never know what it might lead to.

7 Chill out. Having a relaxed attitude towards life will help you tune in to all the different people and opportunities around you. Being tightly wound will mean you're too stressed out to see possibilities, even if they are right in front of you.

8 Nix negative know-it-alls. Don't let other people stop you from taking risks in your life. It's how we grow and make good things happen. Believe in yourself and don't listen to anyone who tries to tell you your dreams are too big.

9 Put on a happy face. When you smile you instantly feel happier and more positive. In tests, Wiseman found that lucky people smiled twice as much as unlucky people — this attracts people to them and increases the probability of those big breaks coming their way.

10 Persevere. Don't give up, no matter how many times you fail. "Be prepared to try and try again until your dreams and ambitions come true," says Wiseman. "Lucky people take action, persist and consider alternative solutions. All of this helps minimize their chances of experiencing more bad luck in the future." ❖

Get lucky at home

Bringing good luck into your life is a matter of encouraging good energy into your space, says Mary Mihaly, a Feng Shui consultant based in Cleveland, Ohio.

❖ To attract good chi, or energy, the most important spot in the home is the front door which must be clean, attractive and in good working order. A red door always is good for attracting great energy; it's also the fire color and it "sparks" change.

❖ To bring in fresh energy and luck clear out all dirt and clutter, which are obstacles to good energy flow

❖ Fresh flowers are the No. 1 chi-booster, they brighten and clarify energy in any space. Be sure to throw them out as soon as they begin to wilt. If you're trying to bring in good luck, the last thing you want is a symbol of dying life.

