



Create Your Own Luck



It can often feel like some people have all the luck and that success just comes easier to some than to others.

LUCK BY DEFINITION IS BASED ON CHANCE.

The Merriam-Webster dictionary defines luck as... "the events or circumstances that operate for or against an individual; to prosper or succeed especially through chance or good fortune."

BUT HIGHLY SUCCESSFUL PEOPLE WILL TELL YOU DIFFERENTLY...



Luck is a matter of preparation meeting opportunity.

-Oprah Winfrey



Luck is believing you're lucky.

-Tennessee Williams

Psychology Professor and Author, Richard Wiseman spoke to 400 people who either self-identified as **"LUCKY"** or **"UNLUCKY"** and found that those who continually had good luck - **professionally and personally** - responded to situations in similar ways.

THESE "LUCKY" PEOPLE SHARED 4 COMMON TRAITS:

- 1** They leap at opportunities
- 2** They listen to their intuition
- 3** They are optimists
- 4** They are resilient

Did you know...



There are steps you can take to increase your chances of meeting your career goals. Here are a few ways you can create your own career luck by taking an active role in your career development:

GET CLEAR ON WHAT YOU WANT

Being clear and specific about your professional goals is essential to planning how you will accomplish them.

CHANGE YOUR ENVIRONMENT

Once you're clear on your goals, you need to align them with an environment that supports them and helps you stay away from the things that can derail you.

LET OTHERS KNOW ABOUT YOUR GOALS

Raise awareness about your goals because the more you let others in on what you want, the better your chances are of getting it.

PUT YOURSELF OUT THERE

Even if you have clarity around your goal, you can't expect opportunities to come to you; you must take action. Get into the habit of continually putting yourself out there by moving past your comfort zone and embracing new challenges.

INVEST IN YOURSELF

The best investment you can make is in yourself. Prioritize time to acquire new knowledge and seek out the wisdom of mentors who can guide you on your professional journey toward your goals.

DO THE WORK AND STICK WITH IT

Professional success doesn't happen overnight, and unfortunately, there aren't any shortcuts to get there faster. Hard work, consistency, and staying focused on what you want – day in and day out – is ultimately what leads to career success.

Quick tips

Research shows that very lucky people practice these 8 habits. Try them out to improve your odds of success!

BE MINDFUL:

When you are operating mindlessly, on auto-pilot, you are unlikely to observe opportunities or take advantage of a situation.

BE RESILIENT:

Transform limiting problems into motivating challenges, take advantage of new situations, and bounce back when you fall flat.

BE PROACTIVE:

Lucky people make things happen. They are proactive rather than reactive.

THINK OUT OF THE BOX:

Out of the box thinking means viewing situations from multiple perspectives, which leads to increased creativity and ideas.



BE OPPORTUNISTIC:

Successful people have the ability to take advantage of opportunities when they arise.

BE OPTIMISTIC:

Optimistic people are better able to identify the silver lining and remain open to see what is possible, despite adversity.

BE INSIGHTFUL:

Lucky people seek knowledge and experiences and make the best use of their insight.

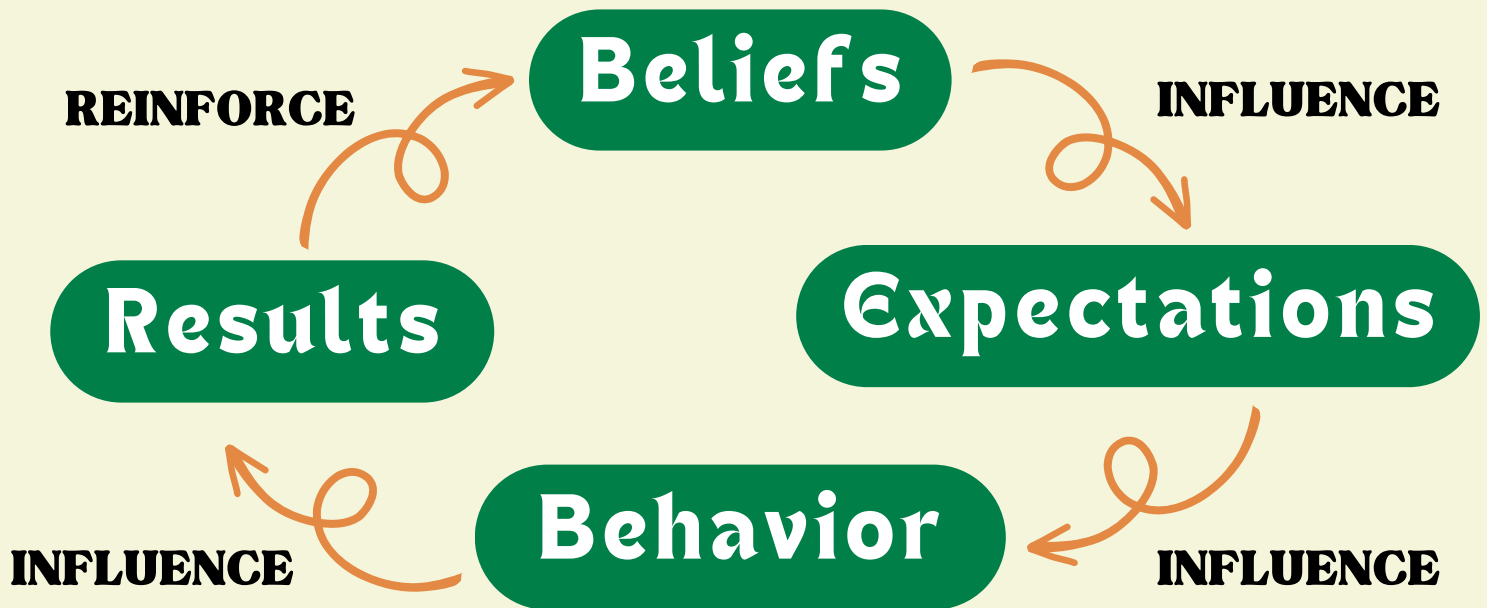
BE FLEXIBLE:

Life is always changing – lucky people are flexible and take advantage of new situations.

SUCCESS

We're only as lucky as we think we are...

LUCK IS A **SELF FULFILLING PROPHECY** - A SITUATION WHERE SOMEONE'S EXPECTATIONS ABOUT A PARTICULAR SITUATION CAUSE THAT SITUATION TO COME TRUE.



...SO PEOPLE WHO BELIEVE LUCKY THINGS HAPPEN TO THEM TEND TO FARE BETTER THAN PEOPLE WHO FEEL UNLUCKY.

**LEARN TO
FEEL LUCKY!**

Make small changes in your everyday routine, like writing down notes of gratitude and reflecting on times you felt lucky at the end of the day

Brought to you by your Behavioral Health Advocates from Luzerne, Schuylkill, and Allegheny Counties

- Resources:**
- Luck Definition & Meaning - Merriam-Webster
 - The 4 traits lucky people have in common, according to author of 'The Luck Factor' (cnbc.com)
 - 6 Ways To Make Your Own Career Luck (forbes.com)
 - These Are the 8 Habits of Highly Lucky People | Psychology Today
 - www.researchgate.net/figure/Cycle-of-Self-Fulling-Prophecy-adapted-from-Merton-1948_fig1_343533231