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# Cultural Daily

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## 5 Ways to Train Your Brain and Improve Your Luck

Our Friends · Wednesday, May 3rd, 2017

People often cite luck as a contributor to their achievements or failures, but there really is nothing tangible about luck. In most cases, the “lucky” people are the ones who have prepared for the moment good fortune smiles on them.

With that in mind, there are some things you can do to increase that feeling of luck and help you have better chances to experience success, in everything from gambling to new business ventures. Take a look at these 5 ways you can train your brain and improve your luck.

### **Know your odds.**

If you're not aware of your odds of success, you will miss opportunities. If you're aware your odds of experiencing failure are as high as 80%, you are better informed about how much luck you may need to win out. Take the time to check what your odds are on the front in so you are aware of what you are up against.

### **Be optimistic.**

Some people believe that there are certain [animals that bring good luck](#); others may have a lucky penny. Whichever you choose to believe, know that an optimistic attitude is key to feeling lucky. The more optimistic your attitude is, the more often you'll feel lucky. All of your successes will feel great, and you'll always find the silver lining the times things don't work out in your favor. If you feel doubtful, you can learn to change your mindset. Positive thinking involves focusing on all of the best things in your life instead of dwelling on your problems. Seeing things in a positive light will help you feel luckier.

### **Have an open mind.**

Lucky people often have the willingness to try new opportunities. The “why not?” mindset that makes open minded people give more experiences a chance also makes these people seem and feel luckier than those who sit idly, refusing to take chances. You'll find many more opportunities if you put yourself in the place to find them than if you stand still.

### **Plan for things to not work out.**

You must have a backup plan – even if you are brimming with positivity. In both our personal and business lives, there is always the chance of the unexpected occurring. You cannot control if and

when the disaster will strike, but you can control whether or not you are well or ill prepared for it. If it does strike, those who are prepared for it always seem lucky. This has nothing to do with luck, but instead, is completely about being prepared. By simply planning for contingencies you can feel luckier for the times the worst-case scenario becomes a dreaded reality.

### **Take some risks.**

Individuals who walk on the wild side on occasion and take risks or make bold decisions are more likely to experience good luck than the ones who consistently take the path of least resistance. When facing a big decision or making one of the [craziest bets of all time](#), the mind tends to hone in on how wrong things could go. Indecision and second-guessing will get you nowhere, though, so taking the occasional risk that doesn't crash and burn will make you feel like one of the lucky ones.

If you are looking to increase the luck in your life, both personally and professionally, you can start by implementing these strategies. It's important to realize that luck is nothing more than a concept, but you can train your brain to help you feel lucky. Learn to create situations where the odds lean a little in your favor and you'll succeed more often, and the occasional failure won't feel like such a let down.

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