

## The Complete Transcript of Podcast 38 Where we discuss: Being Lucky

**Intro:** Welcome to solutions for health and happiness with Claire and Helen - the Lightning Process Team. Want to live a life you love? Start here...

**Helen:** Hello and welcome to podcast 38 in our series. I'm Helen Harding and my co-host is Claire Brooker.

**Claire:** Hello everyone!

**Helen:** So we want to start today by saying a big thank you to everyone who listens to this podcast and we've just found out we are number four in 'Top Podcasts in Self-Help and Health' on iTunes - that's absolutely amazing, we are absolutely made up about that and we feel very lucky that you spend time with us, so thank you!

**Claire:** Thank you so much, we really appreciate it. In our last podcast we were discussing how to flourish in your life. Our tips were to keep an eye on what thoughts are draining you and what thoughts are uplifting and make a conscious effort to put more energy into thinking positively.

**Helen:** In general, limit the stuff that you find draining and do more of the things that inspire you.

**Claire:** Stop using social media as a way to beat yourself up. Avoid making negative comparisons and realise that everyone is presenting a rose-tinted version on themselves on Facebook.

**Helen:** Work out what gives your life purpose and meaning and what your values are. Start to live your values every day.

**Claire:** Have a dream that you want to accomplish and a vision you can aspire to. Make fun a priority and aim to laugh more every day. Don't put pressure on yourself to be happy every day either.

**Helen:** Suffering is a part of life and valuable lessons are often learned at those times. Make time for cultivating important relationships to you, nothing is more important than friends and great family.

**Claire:** Remind yourself often of what you're grateful for. It's natural for us to want more and more, but keep yourself grounded by recognising what's already flourishing in your life.

**Helen:** So today we're going to have a chat about being lucky. We usually see luck as being some kind of magical thing outside of our control. But if we view it in this way, this can help us feel negative or resentful of people that we consider to be lucky.

**Claire:** It stops us from realising that often someone's good fortune has more than likely been through good choices that this person has made.

**Helen:** We encourage you to view luck as a feeling rather than something that's out of your control. Just as you can choose to be happy, you can choose to be lucky.



**Claire:** About 20 years ago, researcher Richard Wiseman conducted a study into luck. He wanted to find out whether you could learn to be lucky. His personality test revealed that people who considered themselves unlucky generally tend to be more tense.

**Helen:** That's really interesting.

**Claire:** I know, I was really interested by that.

**Helen:** He says unlucky people miss chance opportunities because they're too focussed on looking for something else. They go to parties intent on finding their perfect partner and so miss out on opportunities to make great friends. They look through newspapers determined to find a certain job and as a result miss out on all other types of jobs.

**Claire:** Apparently, according to Dr Wiseman, lucky people are more relaxed and open and therefore see what is there rather than just what they're looking for.

**Helen:** His research revealed that lucky people generate good fortune via four basic principles: they are skilled at creating and noticing chance opportunities; they make lucky decisions by listening to their intuition; they create self-fulfilling prophecies via positive expectations and they adopt a resilient attitude that transforms bad luck into good.

**Claire:** I love that. He developed an experiment that he named 'Luck School'...

**Helen:** (Brilliant!)

**Claire:** (I know, such a great thing!) ...that examined whether people's luck can be enhanced by getting them to think and behave like a lucky person.

**Helen:** That sounds really good.

**Claire:** Yes, it really ties in with the work we do.

**Helen:** He asked a group of lucky and unlucky volunteers to spend a month carrying out exercises designed to help them think and behave like a lucky person. These exercises help them spot chance opportunities, listen to their intuition, expect to be lucky and be more resilient to bad luck.

**Claire:** Apparently one month later, the volunteers returned and described what happened. The results were dramatic – 80% of people were now happier, more satisfied with their lives and perhaps most important of all, luckier! While lucky people became luckier, the unlucky people had become lucky.

**Helen:** Brilliant, and what a tongue twister!

**Claire:** I know - I struggled to get that out!

**Helen:** What's interesting there was a programme a while ago – it was on quite a long time ago so forgive me if I get some of the information wrong but – it was with somebody called Derren Brown and it was all about the subject of being lucky and what he did is he went to a small village and he started a rumour that there was this kind of stone-like statue thing that was lucky. And before long it just started to spread throughout the village and out further – it got on the news and all sorts of other things. And people started to actually visit to touch this stone, as they believed it would be lucky for them. He also took some people that thought of

themselves as lucky or unlucky – similar to that experiment earlier – and what he did was he made some real blatant attempts to show that the unlucky person was missing out on opportunities. So for example, he'd walk past money that was on the street or they put post cards through his door, which said 'you have won this, phone this number', and he'd just bin them. And interestingly the lucky people were the ones that took up those opportunities, they were the ones who phoned the numbers or picked up the money from the street. So do you think you're lucky Claire?

**Claire:** Do you know what, I actually do believe that I am a lucky person. I always have done. I don't know where I picked it up from but I always thought that I was and I guess when I look back, even with things that perhaps other people would consider to be bad things that have happened in my life, like getting ill – I now feel really lucky that I had that experience because it wouldn't of led me to help other people to make changes there or recover their health. So actually it was in a weird way kind of lucky that I had that experience.

**Helen:** That's kind of classic of what the research shows was that people that saw themselves as lucky turned negative things into lucky experiences.

**Claire:** Yes, it's interesting isn't it?

**Helen:** It is, I mean I've always a belief that to some extent you do make your own luck so I suppose that comes where the choices are there. So there have been times in my life where I have made choices and taken action because I've felt like I'm been in the wrong place or stuck so I decided to retrain and then I got made redundant, which for some people would be horrendous. But actually that was a really lucky thing for me because it put me in the right place and right time to move on to the next thing. So there are lots of things that have happened where, either a bad circumstance has led to something great or that I've made choices to retrain or to go and find my husband and all sorts of other things, so yes, I'd say I'm pretty lucky as well.

**Claire:** Awesome! Ok, so our top tips today for increasing your luck and developing a lucky mind-set are to start to train your mind to think more calmly. From Dr Wiseman's research, he found that lucky people are more relaxed in general – I think that's good to note actually. A really good excuse to stay relaxed!

**Helen:** To chill out.

**Claire:** To chill out, exactly. This is brilliant motivation to start addressing those stressful thoughts and start doing something about them.

**Helen:** Be influential. If you're going through a phase where things aren't working out in your every day life, take a look and see if there's anything that you can do to break out of that situation. We're much more influential in our lives than we could ever imagine so start making proactive steps to move forwards.

**Claire:** Start to listen to yourself. According to this research, lucky people listen to their intuition and their hunches and so stop over-analysing and tune in to your feelings about things instead.

**Helen:** Be open to opportunities. Break free from your perfectionist tendencies. If you're waiting for conditions to be perfect then it's going to be a hell of a long wait. And potentially, you could miss out on all sorts of other opportunities that will lead to even greater fulfilment.

**Claire:** Break out of your routine. We know that repetition and habits are comfortable. Lucky people tend to include variety in their lives and are open to new opportunities.

**Helen:** And there's a saying that the definition of madness is doing the same thing over and over and over again and expecting a different result. If you want to improve your luck, you should try new experiences and see how you like them.

**Claire:** Lucky people tend to see the positive side of misfortune. They tend to think to themselves, 'well things could've been a lot worse actually'. See the feedback perhaps from your boss as lucky because you know how to do the task better next time. If you muck up an interview or a presentation, see it as a dress rehearsal for the next one. What can you learn from this experience? How could you do it differently next time? By looking at the positive aspects of even a bad experience you can continue to have a lucky mind-set.

**Helen:** So that's really learning to take on board feedback.

**Claire:** Yes, absolutely.

**Helen:** In the same way, cultivating a lucky mind-set means expecting positive change even when things aren't going quite according to plan. So instead of creating a disaster scenario in your head and expecting things to go wonky, expect things to work out for the best.

**Claire:** Congratulate yourself for every positive change or positive thing you are doing, no matter how small you think they are. If something goes right for you or you make a good choice about something, embrace it and congratulate yourself! The key here is not to belittle your success. Ok you might think to yourself, 'I've paid off my credit card but I still have my mortgage to pay' – that's actually really de-motivating and limits your happiness – you know, well done for paying off your credit card, that's really important!

**Helen:** Absolutely, because you're celebrating your successes you're going to be the kind of person that other people like spending time with. To really put to bed any feelings of resentment towards others start celebrating their successes too. Congratulate them when they've done well. Positivity breeds positivity so in return, other people will start to cheer you on when you need it.

**Claire:** Similarly, don't compare your success to another person's. For example, if you booked a holiday to France but your friend is spending 3 luxury weeks in the Caribbean, don't compare negatively with this. It's a great way to get down on yourself if you do and doesn't lead to lucky experience. It only leads to more negativity. Anyway, your friend's holiday is nothing to do with you – concentrate on your own life and what you want to achieve.

**Helen:** You know this is something that I do all the time and it's a brilliant way to develop and strengthen relationships. One of my best friends has the most amazing job, she travels to incredible places, gets to meet lots of interesting people but I'm really proud of her and I'm privileged to be part of her life and share that experience.

**Claire:** I think that's lovely, absolutely lovely and so important as well. So just to recap, luck isn't something outside of your control, it's a state of mind. If stress is a problem for you start to train your mind to relax. Being calm rather than anxious is a key trait of someone who believes him or herself to be lucky. This calmness gives them clarity of mind to notice opportunities where others wouldn't.

**Helen:** Recognise that you are influential and luck is a choice. Be open to new opportunities, break out of your routine and do something different. Variety in our lives leads to new opportunities that we may miss if we're stuck in our old limiting ways.

**Claire:** Tune into your intuition - it will help you to navigate towards positive experiences and alert you to the negative. See the positive in supposed misfortune. Lucky people tend to see the positive side of things. They think to themselves 'well, things could've been a lot worse'.

**Helen:** And expect things to go well and if they don't, remind yourself that you can put it down to experience and you'll be more prepared next time. And don't forget to congratulate yourself on everything, every small thing that you do, everything that goes well for you.

**Claire:** To really diminish any resentment to others who you think are luckier than you, start to celebrate their successes as well as your own. Avoid comparing yourself negatively to others, instead concentrate on your life and what you want to achieve.

**Helen:** It's been brilliant that you joined us today and thank you for listening in. And if you'd like any more help on this subject or you've got any questions around it or the Lightning Process, you can contact us through the website which is [www.lightningprocess.co.uk](http://www.lightningprocess.co.uk) and we'll be happy to arrange a chat with you.

**Claire:** And while you're on the website, keep in touch with us by signing up to our awesome newsletter where you'll get to know about things that are going on with Helen and I, we always keep you updated on what we're doing, and also you'll get some really good, useful information that we don't actually put on the blog – it's specifically for those people that sign up to the newsletter so it's well worth getting on there. And you can also download transcripts of these podcasts there too.

**Helen:** And if you get a moment it would be great – if you think this podcast is useful, if you could leave us a review on iTunes as it's really going to help us raise the profile of it and the Lightning Process. Until next time have a great week. Bye!

**Claire:** Bye!

**Outro:** Thanks for joining us, until next time! You're one step closer to living a life you love.