

3 scientifically proven ways how to attract good luck in the new year

Do my Math

This year was not easy for many. I had to quickly adapt to new conditions, change the usual way of life, work in a new and incomprehensible format. Someone did it work quickly and without stress, and someone did not smile at someone. In this article we will talk about a scientific study about good luck and share 3 simple proven ways.

Richard Wisman, a professor from Hartfordshire University, conducted an experiment to find out what is distinguished by the lucky people from unzipped. In the process of research, the professor identified that more successful people are more often smiling, they communicate more with people, thinking positively. Unweight people, on the contrary, are more closed, are more susceptible to alarm and negative emotions. Also, the scientist came to the conclusion that no-life people due to anxiety concentrate only on the main issue and therefore do not see other possibilities. Lucky people open the new world and are not afraid of changes. Even if something goes wrong, they are optimistic and seek to change the situation.

Professor amounted to 3 exercises and asked the subjects to perform them for a month. After he interviewed the participants and found out that almost 80% of people saw changes for the better in their lives.

3 simple ways to brit good luck: think wider

Do not be afraid to open up new features, learn something new and self-develop. After all, if you are constantly docked on one problem, then you do not see other prospects and possible solutions. Try to develop your horizons, the free online course "Self-development" will help. Look positively

There are both negative ash and positive in any situation. It should not be looped only on the negative, because such a state quickly exhausts and deprives life energy. People who are always unhappy with everyone and do not see new opportunities, they live not happy life. Concentrate on positive emotions and then luck will come to you. You can learn your emotions to control the effective methods and techniques you can learn from the free online course "Emotional Intellect". Get out of the comfort zone

Routine and monotonous life translates our brain into automatic mode, we do not develop and looped on problems. In order to feel happy, do something new this week, which has long been dreamed of. For example, go to the master class, visit the new institution, make a little journey. So

there will be more chances to catch good luck.

The main thing to remember that there are no hopeless situations. Even if it seems that the black band has come and the good luck turned away, never lower the hands and do not allow a panic to master the situation. Think positively, look for opportunities, and everything will definitely improve. On the Platform "Russia - Country of Opportunities" collected 26 unique projects and contests on social, managerial, cultural and IT directions, in which anyone can participate. Also, more than 100 free courses and webinars on managers, finance, psychology, IT are posted for schoolchildren, students and specialists. Open now for yourself unique features!