Think Positive, Be Lucky!

“We are what we think.” —Buddha

Have you heard of the “power of positive thinking”? Some people believe that by thinking good thoughts, you can make good things happen for yourself.

People who practice positive thinking not only expect life to go well, they also downplay misfortune when things do go wrong. Instead of being angry or sad, positive thinkers look for the silver lining in every situation.

Is there any proof that positive thinking works? One study from Wake Forest University showed that positive thinking yielded the same pain relief benefits as a shot of morphine. Another study from Yale revealed that people with a positive outlook on life live longer. Beyond the physical benefits people receive, at least one study claims that positive thinking improves luck. Psychologist Richard Wiseman studied “lucky” and “unlucky” people for many years. He concluded that lucky people in general had positive attitudes, expected the best, and seized every chance that came their way.

Positive thinking can work at any age—it’s neither too early nor too late to start. If you have something that weighs on your mind, try to think of a positive outcome that could happen. For example, maybe you are worried about an upcoming test. Imagine yourself doing well on the test and how proud your family will be. Positive thoughts like these may help relieve your anxiety, allowing you to perform better on the test and achieve better results.