

Speaking and Listening Discussion

15 Habits of 'Lucky' People

Do you know any 'lucky' people? Have you noticed how life seems much easier for them? Wouldn't you like to be 'lucky' like them? Have you considered that they might not be 'lucky' at all, but rather hard-working and well-disciplined people who consciously and actively pursue healthy goals?

*Read the list of '15 Habits of Lucky People' from writer **Vala Afshar** and discuss each point with your partner or small group. Talk about why each habit could be important, and how following them could lead to greater success in your work, home life, and relationships. If you disagree, argue why.*

Discuss what you could do to work towards each goal – starting from today – and write notes beside each one. Can you think of any more actions to add to the list? Compare your ideas with another pair or small group.

When we observe 'lucky' people, we can see that they...

1. work harder _____
2. have good manners _____
3. choose kindness _____
4. show gratitude _____
5. share credit _____
6. teach others _____
7. volunteer first _____
8. give unconditionally _____
9. trust first _____
10. complain less _____
11. keep teachable _____
12. promote others _____
13. love to explore _____
14. are storytellers _____
15. love to compete _____

Thanks to Vala Afshar

Reference: Afshar, V. (2019) 17 October. Available at <https://twitter.com/ValaAfshar/status/1184663470186385408> (Accessed: 15 December 2020).