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Luck or Happiness?

Everybody wants to be lucky. Everybody would also like to be happy. In “How to be THE LUCKIEST GUY ON THE PLANET in 4 Easy Steps”, the author, James Alutcher, is giving ways on how to be the luckiest guy on the planet. His definition of luck is what most people would consider to be the definition of happiness. Therefore, he is giving ways to be happy not to be lucky. His definition of luck is being portrayed as happiness.

Alutcher starts off with three goals he has in life. His three goals are that he wants to be happy, he wants to eliminate unhappiness from his life, and he wants every day to be as smooth as possible with no hassles. In order to reach those three goals, he has four daily practices. The first practice he speaks on is physical. He believes that being in shape and doing some form of exercise daily will contribute to someones overall luck. Most people would think that physical health contributes to their happiness. Alutcher even says, “You can’t be happy if you aren’t healthy” (2016). This quotation from the article shows how the author contradicts his definition of luck. He knows being healthy can increase a persons happiness because that is one less stressor they will have to worry about. But being physically healthy does not contribute to how lucky a person may be.

The author also seems to believe that emotional and mental health is a determining factor on how to be lucky. His idea of emotional health is cutting out people who bring a person down and keeping the people that lift them up closer. That skill is a great way to be happy and stay in positive spirits. It is hard to see how keeping people that make someone happy close to them would make them lucky. Alutcher believes that keeping a good mental state will help with luck also. He thinks that keeping positive thoughts will make a person luckier. He keeps a good mental state by writing lists and learning new material that keeps positive thoughts in his mind. These ideas are yet more ways people would strive to be happy. Keeping positive thoughts and being surrounded by positive people are ways to increase happiness in someones life.

When people think of the word “spiritual” they think of religion or someone of higher power. James Alutcher thinks of religion as praying, meditating, being grateful, forgiving, and studying. These skills can all contribute to a persons luck. Most spiritual people believe that their faith determines their luck and helps to boost their level of happiness. Alutchers definition of luck is accurate in this context. It can also be used to define a persons happiness.

James Alutcher is giving the readers tips on how to be lucky, but his definition of luck is what most people would believe to be happiness. Happiness can be granted through physical, mental, and emotional health as well as being spiritually healthy. But as far as luck, only spiritual health can contribute to how lucky someone can be.

Works Cited

Altucher, J. (2016, October 10). How to be THE LUCKIEST GUY ON THE PLANET in 4 Easy Steps. Retrieved November 1, 2018, from https://jamesaltucher.com/2011/02/how-to-be-the-luckiest-guy-on-the-planet-in-4-easy-steps/