

Ron is reading the first part of an article in a magazine. Read it carefully and choose the best answers for Questions 23-28.

Lucky People

[Part 1]

by Julie Brown

(i)

Do you often feel out of luck and want to give up? Actually even the luckiest people suffer misfortune. **What is 'luck' exactly?** I have found that it is nothing but the result of people's minds and actions. That is, people create their own good luck through thinking positively and doing things that make them happy. So I would like to share with you a few tips on how to stay 'lucky'.

(ii)

If you really need to solve a problem or big trouble, my advice is: do something. Do not take your problem as an impossible mission; do something to solve it instead. If you do not know what to do, try asking others for advice. Once you find out the best possible solution, you should **act on** it immediately so that you can move on with your life.

(iii)

Also, 'lucky' people usually focus on the future. They are not upset by short term problems. **Instead of feeling sorry for themselves, they see difficulties in life as stepping stones that make themselves stronger in the future.** To forget about your sadness, you can go to the gym, watch a funny film, or think about some pleasant memories. **These activities** can surely stop you from worrying.

(iv)

Always looking at the bright side of everything is another key to getting lucky. As people say, there are two sides to every coin. If you can think of some good things when you are in difficult situations, you will find your life more pleasant. In the next part, I will share with you some skills in handling stress.