

It is easy and normal to have moments where you feel depressed or down on yourself. If you have these moments often, or are having a day where you feel very unlucky, here is how to help yourself realise that you actually are lucky, and should feel happy.

Steps

Luck List !

- Family

- Home

- Health

- Freedom

1 Write a luck list. Have you ever felt that you weren't lucky? Lots of people feel that they aren't lucky, and that no one has it worse than them. Truth is, a lot of people probably have it worse than you. Here's a good way to realize how lucky you really are.

- Get a sheet of paper. If you plan to make a luck list on a regular basis, you may wish to get a notebook or journal.
- Label your paper 'My Luck List'.
- Record everything good that has happened to you today. They can be extraordinary things, or things normally taken for granted, like being healthy, or

things that are extremely obscure and apply only to you, like seeing a pretty flower.

- The moment something happens to you that makes you feel lucky or good, write it down in the notebook.
- Occasionally read over your list to help you realize how lucky you are.

- Finished.

- Don't force yourself to think of things. If you can't think of anything, just put the notebook in a safe place for a while.

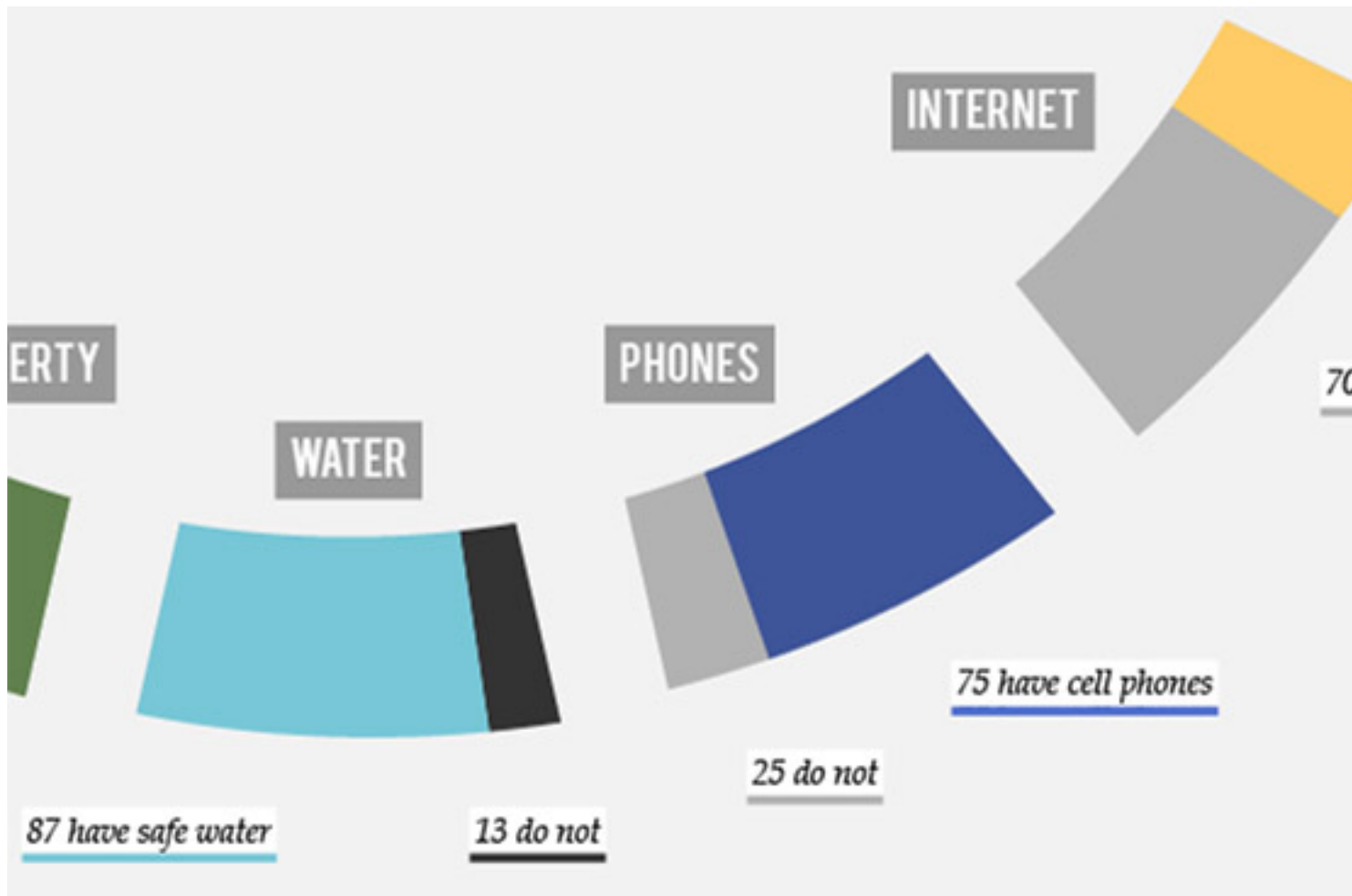
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วันหยุดสัปดาห์ที่ 12 มีนาคม 2015 เวลา 02:31 น. - แก้วไข่มุกสุด วันเสาร์ที่ 04 เมษายน 2015 เวลา 09:24 น.



2 Think about things you normally take for granted, such as having hot water or the Internet. Challenge yourself go without it. If you find it is too important to do without, consider how lucky you are to have access to it.

What Earth Would Look Like If Only 100 People Lived Here



Courtesy of Jack Hagley

Of 100 people, 70 would not have access to the

internet; 48 live on less than \$2 a day; 75 have cell phones; and 87 would have safe water.



3 Listen to, watch or read the news every once in a while. You're sure to hear about plenty of bad things happening to people around the world.

Consider how lucky you
are not be involved.

4 Remember positive things that have happened to you in the past. Think about the circumstances that created those events and whether

they can be recreated.

If not, consider how

lucky you are that

everything

co-ordinated to make

that event occur.

5 Remind yourself of
how lucky you are.

Remind yourself that
you're lucky just to
have running water,
food to eat
whenever you want

it, good health, and
even access to a
computer. Here's
how you do it:



Understand how

fortunate you are
compared to most
people in the
world. Remind
yourself that many
people in the world

do not have many
basic things that
you take for
granted. It's likely
that you've never
had to deal with

real hunger, that
you're healthy and
can see a doctor
fairly easily, that
you have enough
clothes to stay

warm, and that you
don't feel
oppressed in the
place where you
live. This is more
than many people

can say.



Tips

- Don't let things discourage you from reaching your

goal.

- If you

have a home, a

roof to sleep

under, a fridge
with food and 3
meals a day,
you are luckier
than 75% of the

people in the
world.



Source from

Website : [http://
www.wikihow.c
om](http://www.wikihow.com)

The world as 100 people

The world
population
has now
reached 7

billion people.

This milestone

inspired us to

conduct

research to
update our
statistics, and
the changes

over the past
5 years are
remarkable. In
2006, only 1

person out of
100 would
have had a
college

education--
today that
number has
jumped to 7

thanks in part
to advances in
higher
education in

Asia.

If the World
were 100

PEOPLE:

Gender

50 would be
female

50 would be
male

Age

26 would be

0-14

66 would be

15-64

8 would be
65 and older

Geography

60 would be
from Asia

15 would be
from Africa

11 would be
from Europe

9 would be
from Latin

America & the Caribbean

5 would be
from North
America

Religion

33 would

be Christian

22 would
be Muslim

14 would
be Hindu

7 would
be Buddhist

12 would
believe in

other

religions

12 would

not be

religious or

identify

themselves

as being

aligned with

a particular

faith

First

Language

12 would

Speak

Chinese

5 would

speak

Spanish

5 would

speak

English

3 would

speak

Arabic

3 would

Speak Hindi

3 would

Speak

Bengali

3 would

speak

Portuguese

2 would

speak

Russian

2 would

speak

Japanese

62 would

Speak other
languages

Overall Literacy

83

would be

able to

read and

write

17

would not

Literacy by

Gender

88% of

males

would be

able to

read and

write

12% of
males

would not

be able to

read and

write

79% of
females
would be

able to

read and

write

21% of

females

would not

be able to

read and

write

Education

76% of

eligible

males

would

have a
primary
school

education

72% of
eligible
females

would

have a

primary

school

education

66% of
eligible

males

would

have a

secondary

school

education

63% of

eligible

females

would

have a
secondary
school

education

7

would

have a

college

degree

Urban/Rural

51

would be

urban

dwellers

49

would be

rural

dwellers

Drinking Water

87 would
have
access to

safe

drinking

water

13

would

use

unimprov

ed water

Food

15 would

be

undernou

rished

Infectious

Disease

< 1%

would

have

HIV/AIDS

< 1% would

d have

tuberculo

sis

Poverty

48

would

live on

less than

\$2 USD

per day

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1 out of
2
children

would

live in

poverty

Electricit

y

78 would

have

electricit

y

22 would

not

Technol ogy

75

would

be cell

phone

users

30

would

be active

internet

users

22

would

own or

share a

compute

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Sanitatio

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65

would

have

improve

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sanitatio

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16

would

have no

toilets

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19

would

have

unimpro

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toilets

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nts on}

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