

# Ethics

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## What is Luck?

Luck is a feeling that everyone experiences differently. For example, you might feel lucky after winning the lottery or meeting new friends. However, luck can also be divided into **different types** based on how long it lasts and what it involves. Some forms of luck are **long-lasting**, such as being surrounded by supportive people who make you feel good about yourself. Other types of luck are **intense but short-lived**, like winning a game or getting a free treat.

## Types of Luck

	<b>Materialistic</b>	<b>Social</b>	<b>Intruistic</b>
Definition	Materialistic Luck has to do with joy. This luck will be normalised after some time and not be anything special anymore.	Getting recognition for a doing something good.	Thinking you have done something well.
Example	Buying clothes	Going to workout to become fit	Understanding something, developing own character
Length	Short	Soon forgotten	Long

## Ways to achieve Luck

### Eudaimonia (Aristotle)

To achieve Eudaimonia it is required to have a meaningful and fulfilling life. Taking time to reflect on what matters most and making choices that align with those values. It's also important to contribute to others and make positive impact in their lives. Eudaimonia also requires a commitment to self-improvement and personal growth. Lastly it's also important to have appreciation for the moments of joy and satisfaction that come from living a good life.

### Ataraxia (Epicurus)

Ataraxia is required to achieve Eudaimonia. It's important to have no pain mentally or physically. For this it's important to have all desire be fulfilled. To not set a goal that is impossible to achieve. Or attach needs to something that isn't always available. If goals or needs can't be satisfied then there is no peace of mind. Clear thinking questions all needs and all self-limitations. Joy is a goal in life. **Humans in society? No mention of others in Ataraxia. (self-isolating)**

