

BROWNELL LANDRUM

# Cosmic Wishes

BONUS



# THE MOTIVATION MATRIX

Your wish is powered by four types of motivation - what you want *and* what you want to avoid. Complete the four quadrants in Motivation Matrix below :

(Want + Have): Appreciating what you already have

(Want + Don't Have): What you want to develop or attract

(Don't Want + Have): What's currently blocking you

(Don't Want + Don't Have): Unforeseen factors

|            | Want                 | Don't Want           |
|------------|----------------------|----------------------|
| Have       | <div>Nurture</div>   | <div>Eliminate</div> |
| Don't Have | <div>Cultivate</div> | <div>Avoid</div>     |

Now, beside each, note which “self” wants (or might not want) what you listed.