

BROWNELL LANDRUM

Cosmic Wishes

BONUS



Values

Now that we've discussed your needs and whys, let's dig even deeper into your values and how they relate to your wish. When they align, your wish is extremely powerful. When they don't, you'll likely run into blocks from one – or all – of your Three Selves. (We'll explore blocks further in Week 7). Circle your top 3 values from the list below:

Love · Family · Freedom · Creativity · Service · Truth · Growth · Adventure ·
 Peace · Wisdom · Integrity · Connection · Beauty · Faith · Compassion · Joy · Justice · Courage ·
 Health · Purpose · Belonging · Curiosity · Independence · Authenticity · Contribution · Wonder ·
 Presence · Legacy · Trust · Spirituality

Ask yourself: How strongly does my wish honor this value? Rank your wish based on the 3 values you chose on a scale of 1 (not connected) to 5 (closely aligned).

Value	1	2	3	4	5
1. _____	☐	☐	☐	☐	☐
2. _____	☐	☐	☐	☐	☐
3. _____	☐	☐	☐	☐	☐

How might you reword your wish to more closely align with your values?

Values are Cosmic Wishes in Disguise! Here, take your values and write them as a Cosmic Wish:

Value	Cosmic Wish
Authenticity	I wish to model the values I espouse and align myself with others who "walk the walk" with consistency, honesty, and integrity.