

BROWNELL LANDRUM

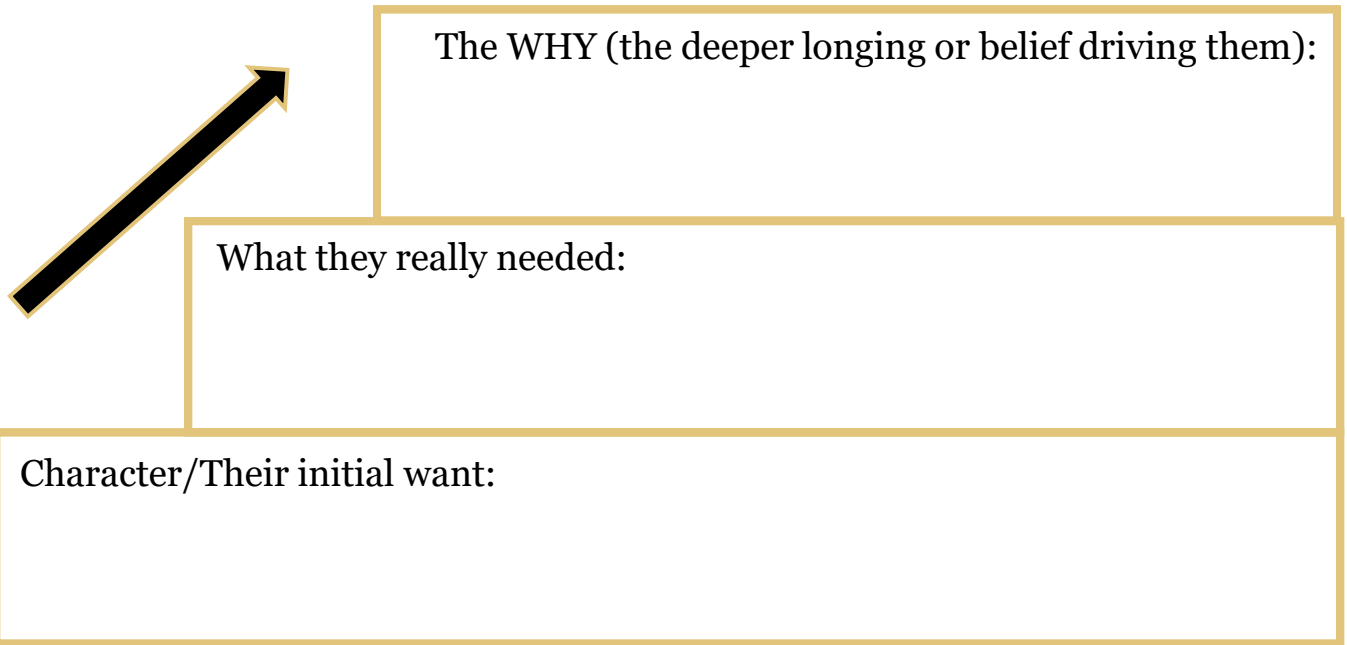
Cosmic Wishes

BONUS



MOTIVATION: WANTS VS. NEEDS

Neuroscience + Psychology tells us that our brain's reward system lights up for what we WANT, but true happiness comes from getting what we NEED, and even more when our need amplifies the deeper WHY. Many stories start with the hero wanting something, only to find out they needed something else. For example, Luke wanted adventure, but he needed to find his purpose. Elle wanted to marry Warner but needed to find her own strength. Here, choose a fictional character and consider their Want vs. their Need and explain why the need is better:

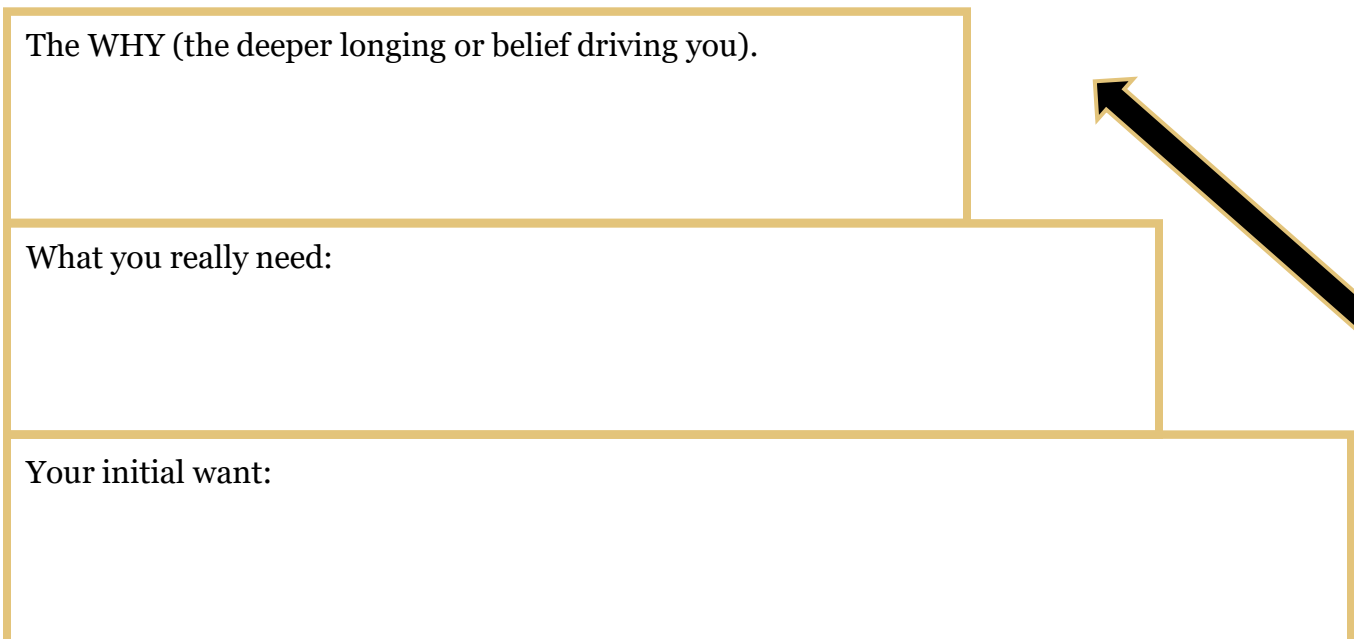


The WHY (the deeper longing or belief driving them):

What they really needed:

Character/Their initial want:

Now, look at the Wants vs. Needs of YOUR wish:



The WHY (the deeper longing or belief driving you).

What you really need:

Your initial want: