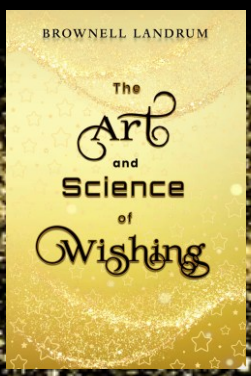
BROWNELL LANDRUM

Cosmic Wishes

BONUS



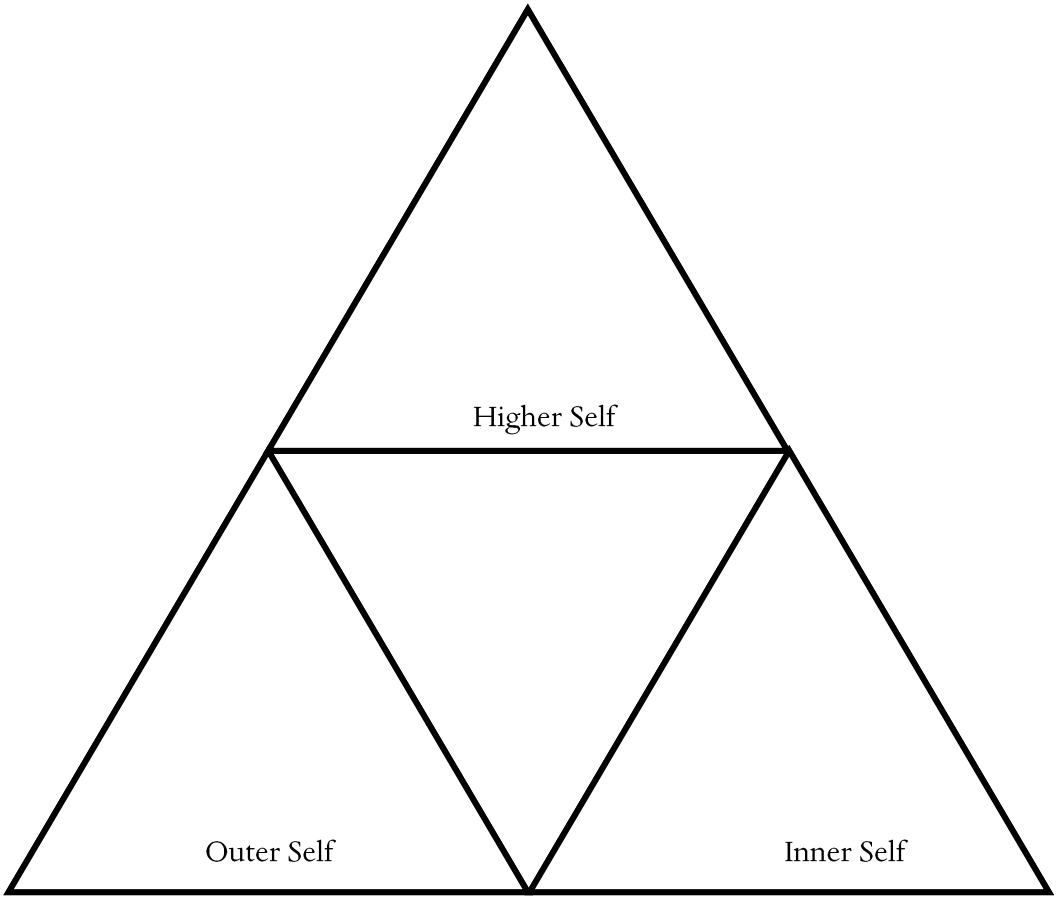
THE THREE SELVES, PART 1

A crucial element of making a cosmic wish is to understand your "three selves:"

- Inner Self / Body / Subconscious (emotional / physical)
- Outer Self / Mind / Conscious (logical / thinking)
- Higher Self / Spirit / Superconscious (spiritual / purposeful)

Activity: Sort these words into the three sections of your triangle.
Which self does each word belong to?

Logic • Joy • Purpose • Planning • Play • Wisdom • Feelings • Goals • Connection • Energy • Strategy • Passion • Intuition • Analysis • Fun • Meaning • Sensations • Service



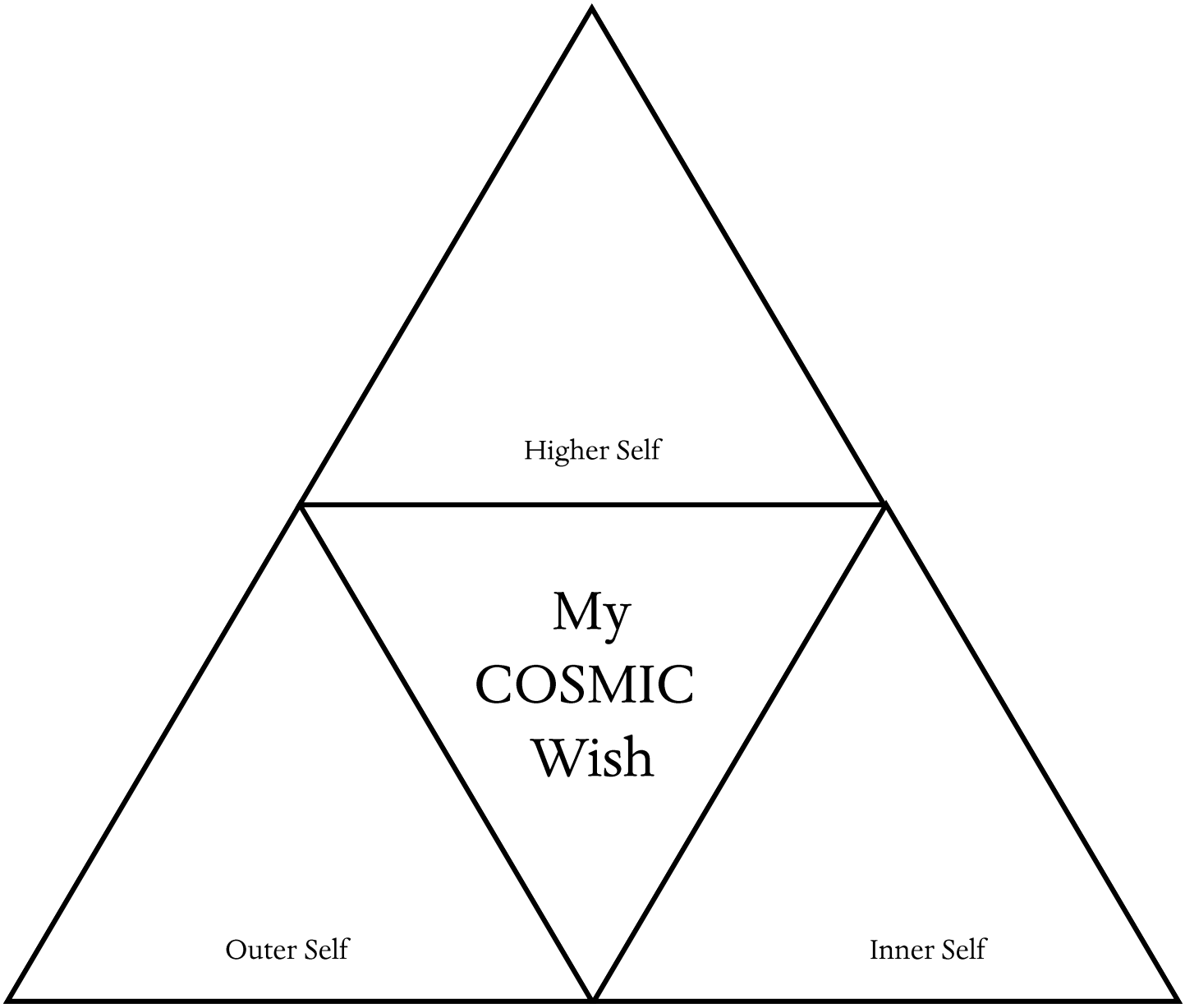
In the center, put the 3 words that apply most to your wish.

Share your experience on social media for Brownell points!

Cosmic Wishes

THE THREE SELVES, PART 2

Now, let's see how each of your "selves" aligns with your wish. In each triangle, list/describe how each self thinks/feels about your wish.



Share your experience on social media for Brownell points!

Cosmic Wishes

THE THREE SELVES, PART 3

What are some pivots you can take to make each of your "selves" more aligned with your wish?

Inner (Subconscious / Body) Self:

Outer (Conscious / Mind) Self:

Outer (Conscious / Mind) Self: