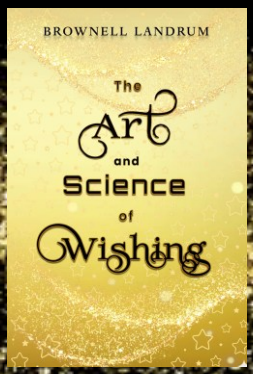
BROWNELL LANDRUM

Cosmic Wishes

SCIENCE & ACTIVITY CARDS

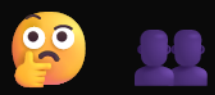
with Beth Beyer



SCIENCE CARD

This is the SCIENCE card drawn during the show with Beth Beyer:

195



Psychology • Social Psychology

The Psychological Contract

Organizational psychologist Denise Rousseau identified the unwritten expectations that exist between people. When they're disrupted — even by good news — trust can quietly collapse.

Sometimes we're afraid to wish because getting what we want might change everything. Name that fear. It's not a reason to stop wishing. It's a reason to wish more carefully.

Notes

ACTIVITY CARD

This is the ACTIVITY card drawn during the show with Beth Beyer:

185

Neuroscience • Psychology

Reframe Your Prediction

Your brain isn't seeing reality — it's seeing its predictions about reality. What's one story you're running about yourself or your wish that might be wrong? Statements like, “I can never…” or “I'm not the kind of person who...” Write it down. Then write the opposite vision. Notice which one your brain is currently confirming. You get to choose what your brain looks for.

Notes

5 Key Lessons from This Episode:

1 _____
2 _____
3 _____
4 _____
5 _____

5 Ways You'll Apply These Lessons to Your Wish

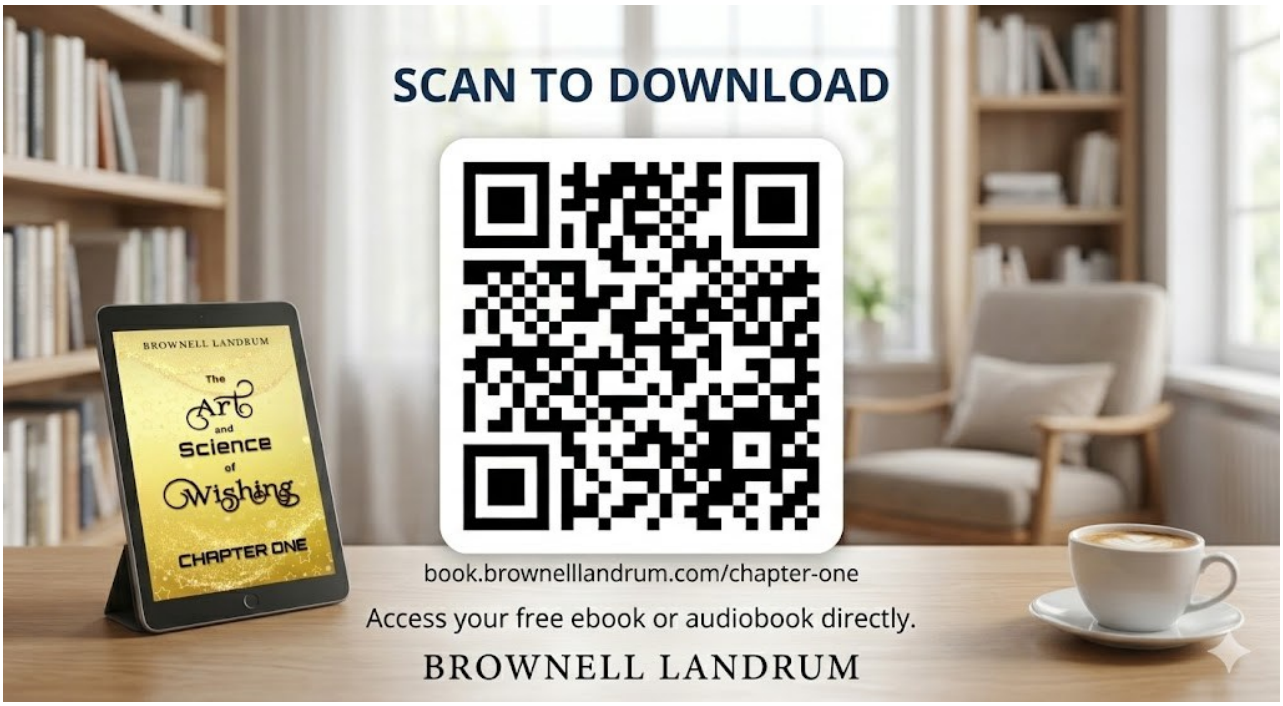
1 _____
2 _____
3 _____
4 _____
5 _____

Use the space below to doodle, draw, or come up with something FUN to do today!

Make Room for FUN!

BROWNELL LANDRUM

Download Chapter 1 of The Art & Science of Wishing for FREE!



And look for Brownell's TEDx talk – coming soon!

FOLLOW

COMMENT LIKE SHARE SUBSCRIBE

Cosmic Wishes