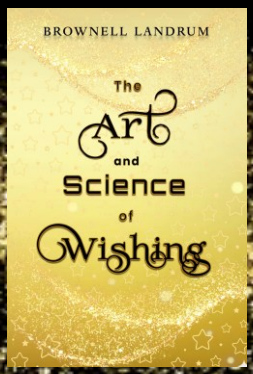
BROWNELL LANDRUM

Cosmic Wishes

SCIENCE & ACTIVITY CARDS

with Kristin Gutierrez



SCIENCE CARD

This is the SCIENCE card drawn during the show with Kristin Gutierrez :

177

Psychology • Cognitive Science • Three Ps

ACT: Values vs. Goals

Your wish is a goal. Your values are why you want it. Steven Hayes' Acceptance and Commitment Therapy makes a critical distinction: goals get completed or don't. Values are ongoing directions you keep walking. When your wish is connected to a value, it becomes more resilient. If it arrives, beautiful. If it doesn't, you're still walking the value direction. Ask: what value does my wish point toward?

Notes

ACTIVITY CARD

This is the ACTIVITY card drawn during the show with Kristin Gutierrez :

126

🧠 🤔 ✨

Neuroscience • Psychology • Spiritual/Metaphysical

Micro-Wish Practice

Wish for something tiny today (a good parking spot, a kind interaction). When it arrives, NOTICE. You're training your brain to recognize wish fulfillment.

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!

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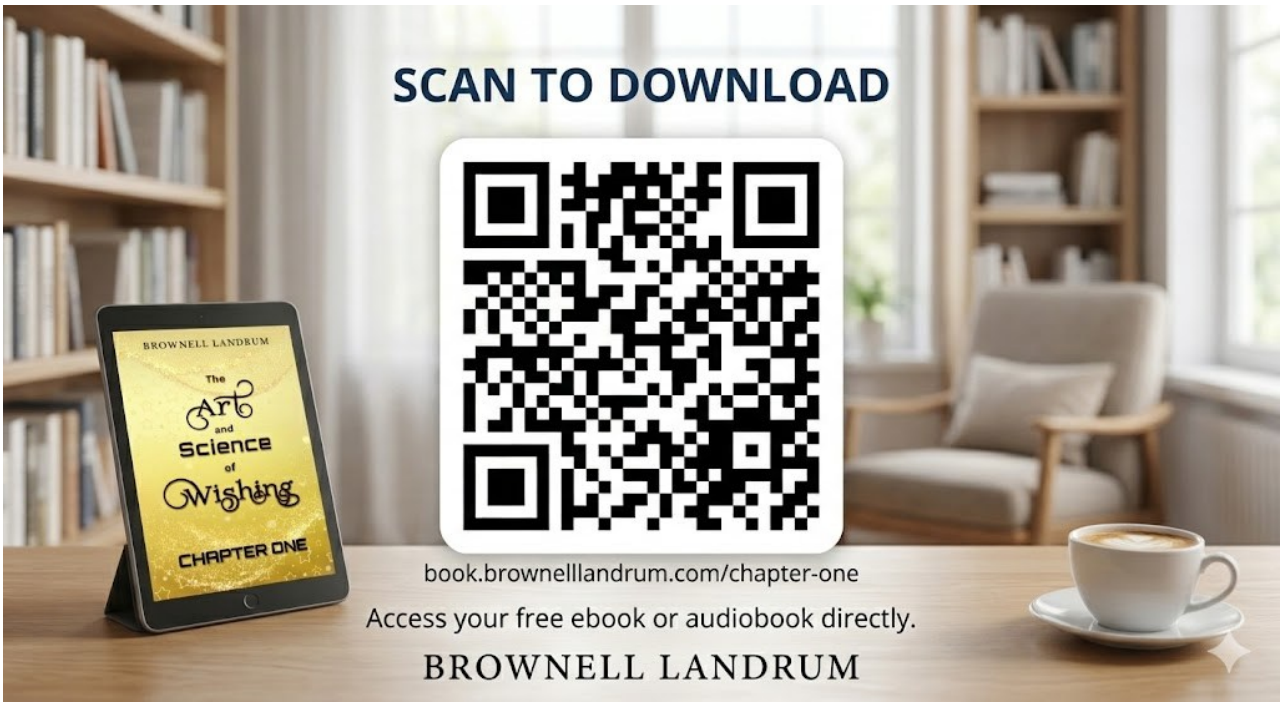
Download Chapter 1 of The Art & Science of Wishing for FREE!



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

FOLLOW

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