

BROWNELL LANDRUM

Cosmic Wishes



SCIENCE & ACTIVITY CARDS

with Drew from Life's Ambition



SCIENCE CARD

This is the SCIENCE card drawn during the show with Drew from Life's Ambition:

52



Psychology

Shame Resilience

A wish that didn't manifest doesn't mean YOU are broken. Separate your identity from your outcomes.

Brené Brown's two decades of shame research found that shame thrives in silence and dies in the light of self-compassion. The opposite of shame isn't success — it's belonging. When a wish doesn't land, don't make it mean something about you. Make it data, then make another wish.

Notes

ACTIVITY CARD

This is the ACTIVITY card drawn during the show:

143



Psychology • Neuroscience

Celebrating Celebration

When someone shares good news, practice being the person who celebrates WELL. Ask questions. Stay in the moment. Don't immediately pivot. Research shows that how you RECEIVE good news shapes whether it becomes a real memory.

Notes

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5 Key Lessons from This Episode:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

5 Ways You'll Apply These Lessons to Your Wish

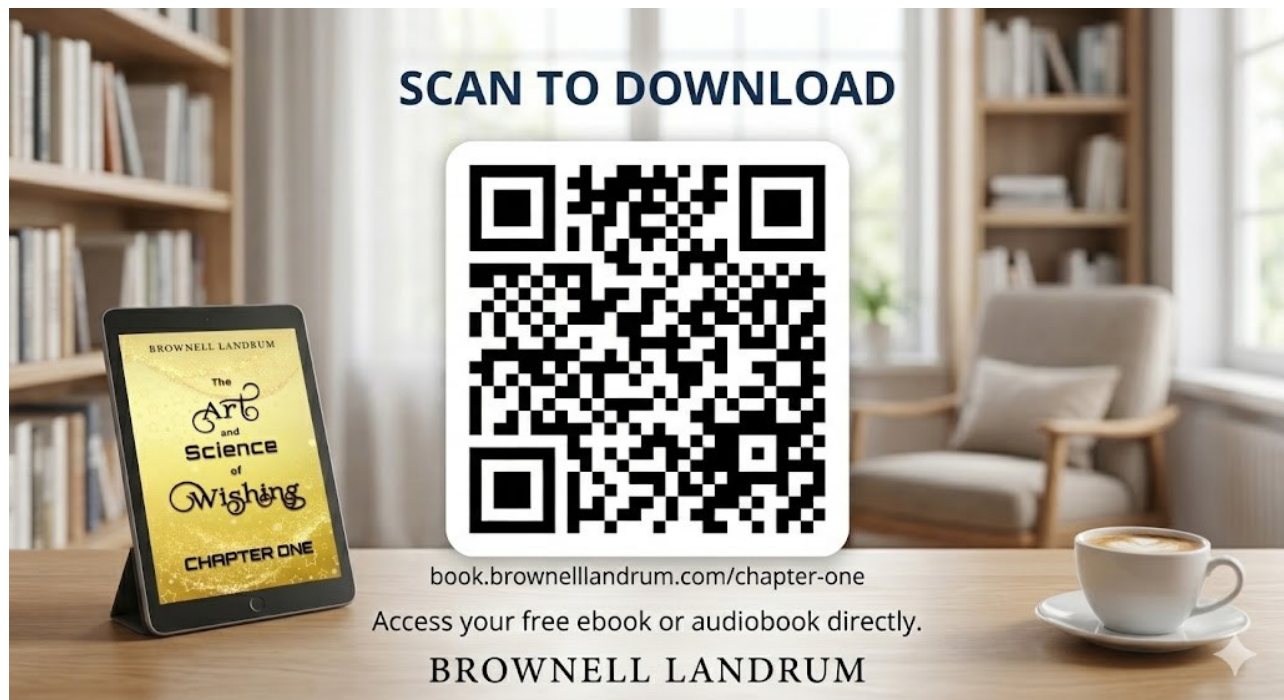
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

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!



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