

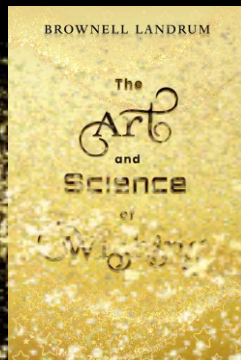
BROWNELL LANDRUM

Cosmic Wishes



SCIENCE & ACTIVITY CARDS

with Rebecca Whitman



SCIENCE CARD

This is the SCIENCE card drawn during the show with Rebecca Whitman:

152



Neuroscience

The Peak-End Rule

Your brain remembers the peak moment and the ending of any experience far more than the middle. Nobel laureate Daniel Kahneman's research: when we remember a vacation, a meeting, or a relationship, we don't average the whole thing. We weight the most intense moment and the ending — and call that "how it was."
Design both peaks and endings deliberately. They become the memory.

Notes

ACTIVITY CARD

This is the ACTIVITY card drawn during the show with Rebecca Whitman:

22



Neuroscience • Psychology

RAS Activation

State your wish clearly, then go about your day.

Notice EVERYTHING that relates to your wish — people, signs, conversations, opportunities.

Your Reticular Activating System is searching for solutions.

Notes

SCIENCE CARD

This is the SCIENCE card drawn during the show with Rebecca Whitman:

185



Neuroscience • Storytelling

Flirting with the Default Mode Network

Screenwriter Aaron Sorkin reportedly takes seven showers a day when he's stuck on a script. Why? Showers are the perfect Default Mode Network activity — low cognitive demand, gentle sensory input, no decisions to make. Insights surface when conscious effort steps aside. Edison kept steel balls in his hand while napping for the same reason. Einstein played violin. Stuck on your wish? Step away. Take a shower. The DMN does the work you can't force.

Notes

ACTIVITY CARD

This is the ACTIVITY card drawn during the show with Rebecca Whitman:

110



**Psychology • Storytelling •
Spiritual/Metaphysical**

Your Legacy Lives On

Your wish isn't just for you. It changes the people around you, the work you do, the way you show up. Imagine, years from now, someone who loves you describing what your wish made possible. Not the wish itself. The you that emerged because of it. Write a paragraph in their voice. Read it out loud. If it doesn't move you, your wish might be too small for who you really are.

Notes

5 Key Lessons from This Episode:

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

5 Ways You'll Apply These Lessons to Your Wish

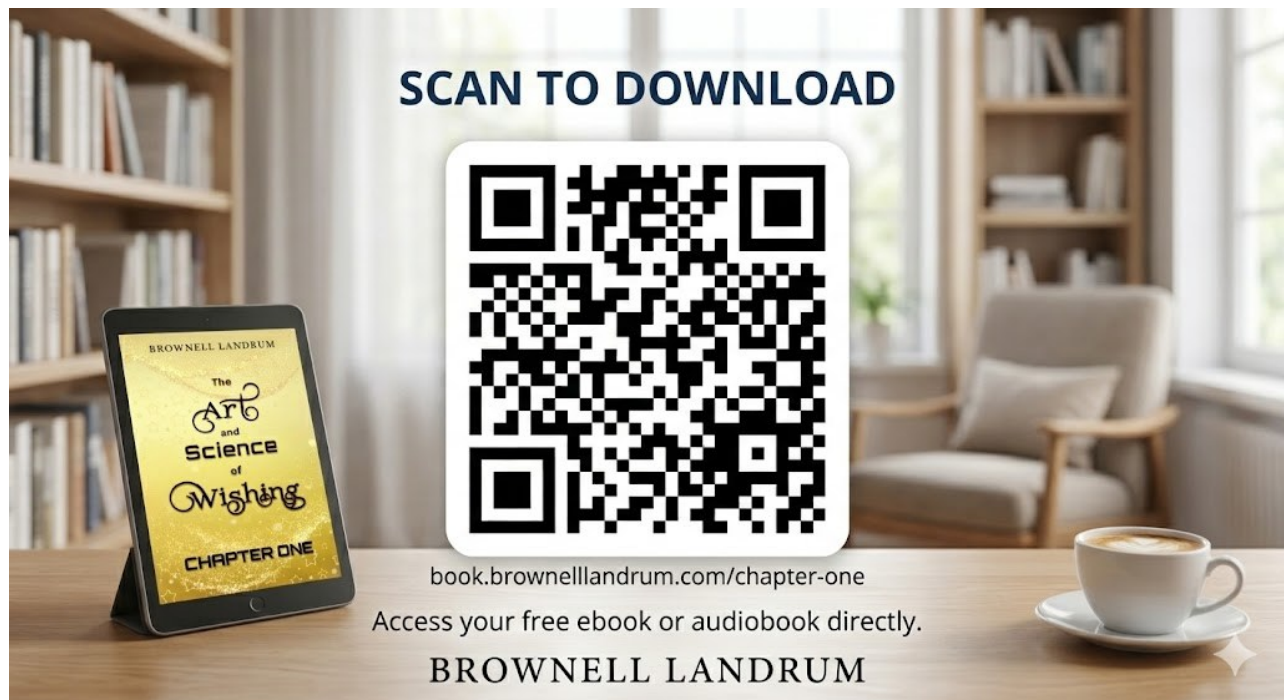
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

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!



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Cosmic Wishes