

BROWNELL LANDRUM

Cosmic Wishes



SCIENCE & ACTIVITY CARDS

with Vivian Rose



SCIENCE CARD

This is the SCIENCE card drawn during the show with Vivian Rose:

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 Vivian Rose:

177



***Biology • Psychology • Neuroscience •
Spiritual/Metaphysical***

Practice Precognition

Before checking your phone, your email, your door — pause. What does your body already sense?

Julia Mossbridge's meta-analysis of 26 studies found measurable physiological responses seconds before random future stimuli. You're training a skill that science has confirmed exists.

Notes

5 Key Lessons from This Episode:

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

5 Ways You'll Apply These Lessons to Your Wish

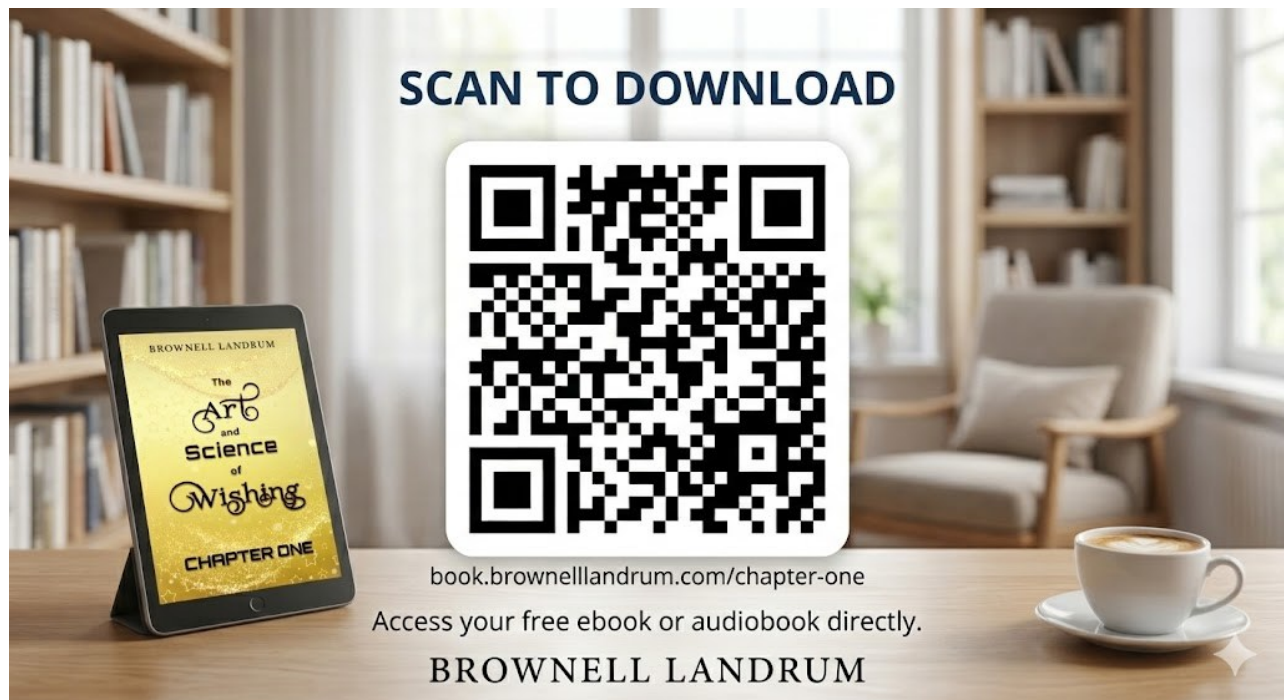
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

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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