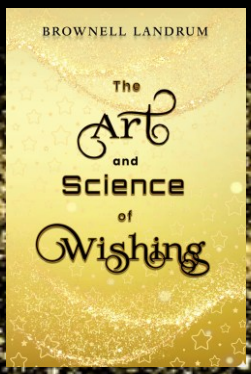
BROWNELL LANDRUM

Cosmic Wishes

BONUS



WEEK 7 ACTIVITY: Yaysayers and Naysayers

Often, the block isn't a "what," it's a "who." First, list some of the Naysayers and Yaysayers in your life:

Naysayers	Yaysayers



In Brownell's blog*, she sends out a call seeking not just Yaysayers, but Yaysayers who tell her, "I'll be there with champagne. Or tissues." Now, that's a real friend.

Sizzling Stakes

Now, let's circle back to the activity in Week 2 where we discussed stakes, because those are the people – and potential blocks or boosts – that can make or break the progress of our wishes. Here, match your Yaysayers/Naysayers with those who might be positively impacted if you get your wish – or negatively impacted if you don't.

Person	Yaysayer or Naysayer?	Stakes/Positive?	Stakes/Negative?

The Closer You Get... (Approach/Avoidance Conflict)

As we get closer to a goal, the attraction (approach) gets stronger, yet so does the urge to flee (avoidance). This is one of the most common blocks wishers face. Psychologists Kurt Lewin and Neal Miller called this *approach-avoidance conflict*, and it's why so many people stall just before they reach the finish line. This explains why the excitement when you start is so grandiose yet tapers when "stuff gets real." The solution: either lower the risk or amplify the reward. And remember: Others around you are the heroes of their own story, so they might be dealing with the same internal conflict. Want to see your own seesaw? Graph where you are, at: *https://brownelllandrum.com/cosmicwishes/approach-avoidance-conflict/*

*https://cosmicwishes.substack.com/p/yaysayers-wanted

Cosmic Wishes

© Brownell Landrum
All rights reserved