

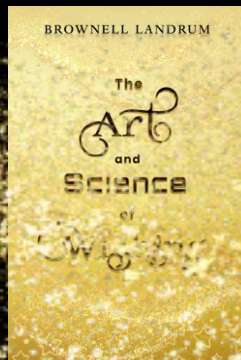
BROWNELL LANDRUM

Cosmic Wishes



SCIENCE & ACTIVITY CARDS

with Agrita Dandriyal



SCIENCE CARD

This is the SCIENCE card drawn during the show with Agrita Dandriyal:

132



Social Psychology

Generosity as Wishing Strategy

Helping others wish well isn't just kind. It's strategic. Wharton's Adam Grant found that "givers" who stay connected to their own goals reach the top of their fields more often than self-focused takers. Strategic generosity expands your network — and the possibilities your wish travels through. Whose wish are you supporting this week? They might be the bridge to yours.

Notes

ACTIVITY CARD

This is the ACTIVITY card drawn during the show with Agrita Dandriyal:

190



Cognitive Science • Psychology

The Four Stages

In 1926, Graham Wallas mapped how creativity actually works:

1. Preparation (immerse yourself fully),
2. Incubation (walk away),
3. Illumination (the aha arrives),
4. Verification (test it).

Most people do stage 1 obsessively and miss stage 2. Today, what have you been working on too hard? Schedule the walk. The shower. The drive. Stage 3 is waiting.

Notes

5 Key Lessons from This Episode:

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

5 Ways You'll Apply These Lessons to Your Wish

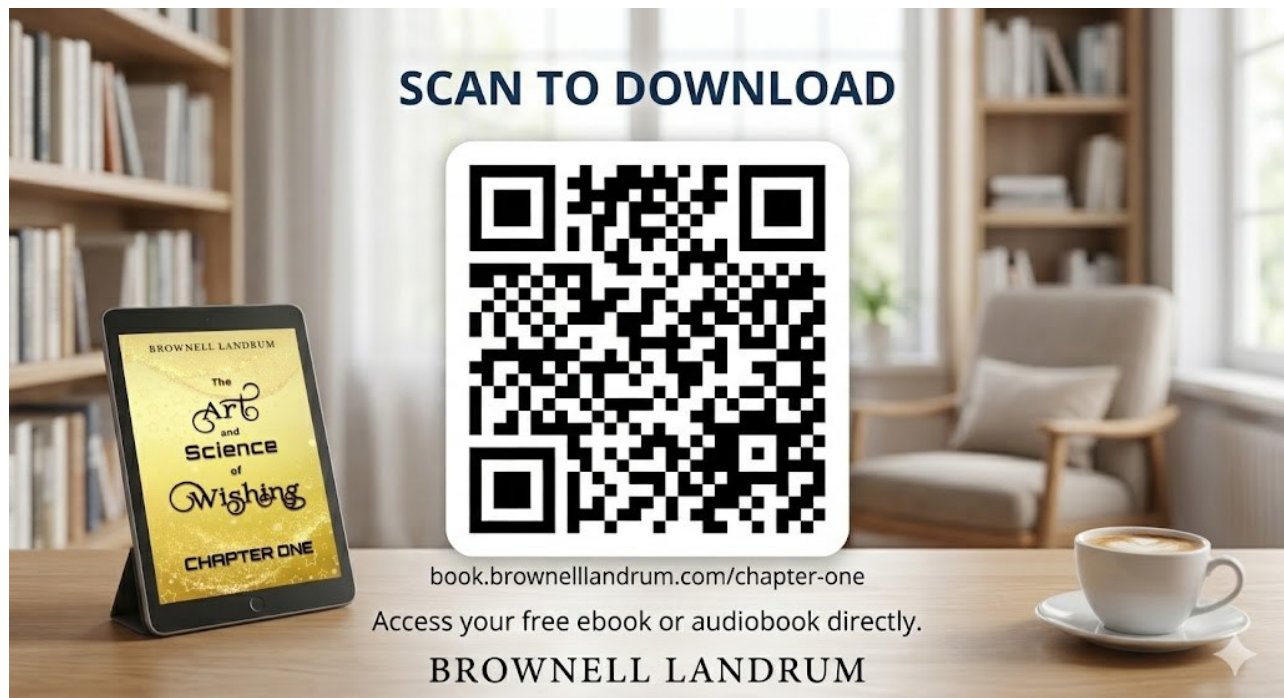
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

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!



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Cosmic Wishes