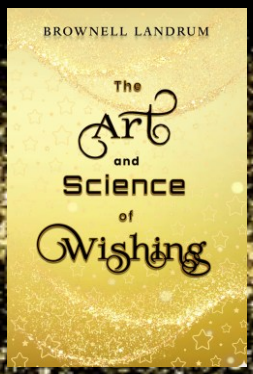
BROWNELL LANDRUM

Cosmic Wishes

SCIENCE & ACTIVITY CARDS

with Joe Abreu from Glovisor



SCIENCE CARD

This is the SCIENCE card drawn during the show with Joe Abreu from Glovisor:

4

🤔

Psychology

Friction Removal

Make wish-supporting actions easy to start. The fewer steps between you and the action, the more likely you'll do it.
MIT's Ann Graybiel showed that habits live in the basal ganglia as "chunked" routines. Smooth-flowing actions get bracketed as one automatic unit. Friction breaks the chunk and forces your brain to decide all over again.

Notes

ACTIVITY CARD

This is the ACTIVITY card drawn during the show:

95



Biology • Psychology • Neuroscience

The Power Pose Wish

Stand in an expansive posture (arms wide, chest open) for 2 minutes. Then state your wish. Research shows that adopting a confident posture can shift how you FEEL about what you're capable of – even if the effect lives in your mind, not your hormones.

Notes

5 Key Lessons from This Episode:

1 _____
2 _____
3 _____
4 _____
5 _____

5 Ways You'll Apply These Lessons to Your Wish

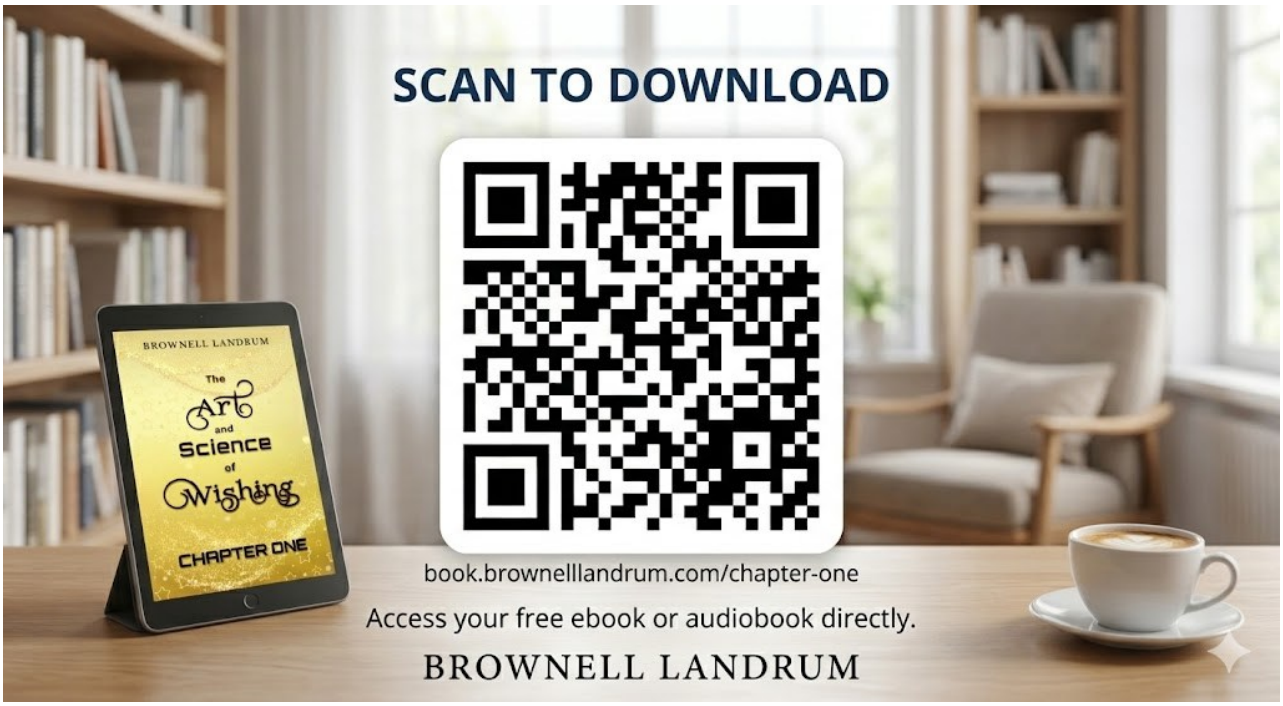
1 _____
2 _____
3 _____
4 _____
5 _____

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!



FOLLOW

COMMENT LIKE SHARE SUBSCRIBE

Cosmic Wishes