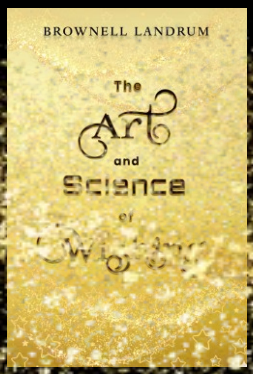
BROWNELL LANDRUM

Cosmic Wishes

SCIENCE & ACTIVITY CARDS

with Nachman Hoffman



SCIENCE CARD

This is the SCIENCE card drawn during the show with Nachman Hoffman:

57

Psychology

Plot Agency

You're not a victim or the villain—you're the author – and hero – of your own story.

Northwestern psychologist Dan McAdams' research on narrative identity found that people who narrate their lives as redemptive stories (moving through challenge toward growth) report better mental health and life satisfaction than those who focus on defeats.

Notes

ACTIVITY CARD

This is the ACTIVITY card drawn during the show with Nachman Hoffman:

196

Multiple Sciences

The Skeptic's Doorway

You don't have to believe anything to wish well. The Default Mode Network is real. Neuroplasticity is real. The reticular activating system is real. Mirror neurons, oxytocin, predictive processing — all measurable, all studied, all working whether you believe in them or not. Today, set aside any spiritual framework you're skeptical of. Just wish using the science. Notice what happens anyway. The universe doesn't require your belief to participate.

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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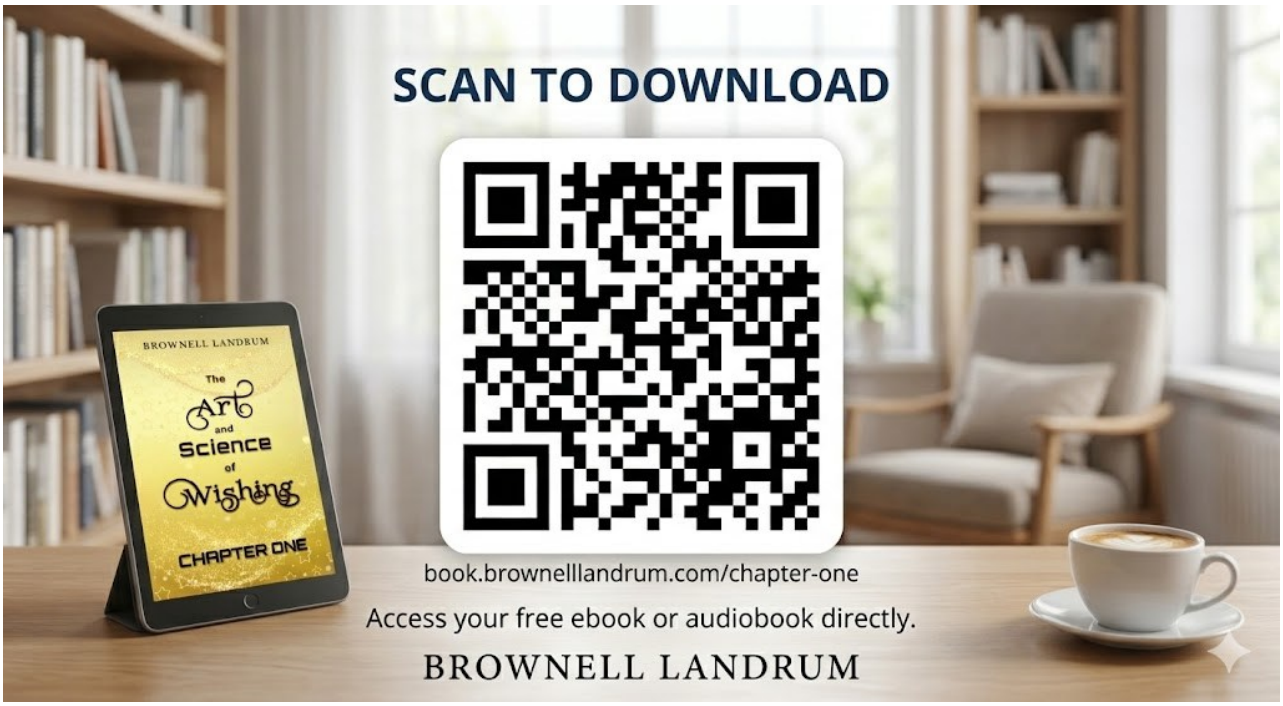
Download Chapter 1 of The Art & Science of Wishing for FREE!



And look for Brownell's TEDx talk – coming soon!

FOLLOW

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