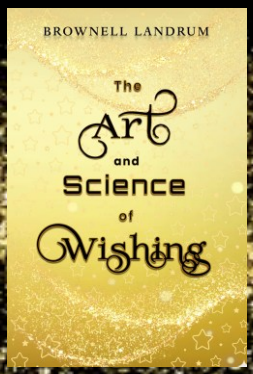
BROWNELL LANDRUM

Cosmic Wishes

SCIENCE & ACTIVITY CARDS

with Brad Pitzele



SCIENCE CARD

This is the SCIENCE card drawn during the show with Brad Pitzele:

105



Neuroscience

Optimism as a Trainable Skill

Optimists explain setbacks as temporary, specific, and changeable. Pessimists explain them as permanent, pervasive, and personal. UPenn's Martin Seligman discovered that this "explanatory style" isn't personality — it's a thinking pattern that can be retrained. Decades of research show it predicts resilience, health, and even longevity.
How you explain a NO determines whether you'll wish again.

Notes

ACTIVITY CARD

This is the ACTIVITY card drawn during the show:

98



Biology • Psychology • Neuroscience

Embodied Emotion

ACT OUT the emotion of your wish being fulfilled. Jump for joy, pump fists, hug yourself. Your brain doesn't fully distinguish between enacted and real emotions.

Notes

5 Key Lessons from This Episode:

1 _____
2 _____
3 _____
4 _____
5 _____

5 Ways You'll Apply These Lessons to Your Wish

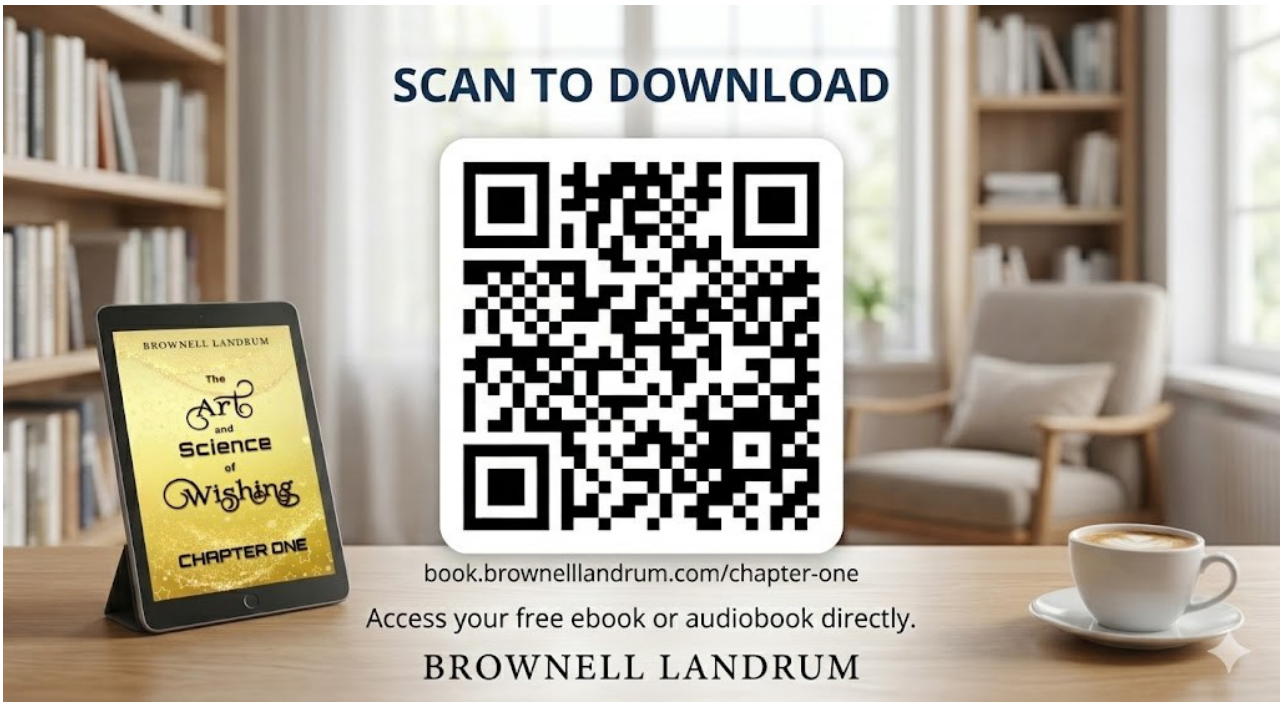
1 _____
2 _____
3 _____
4 _____
5 _____

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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