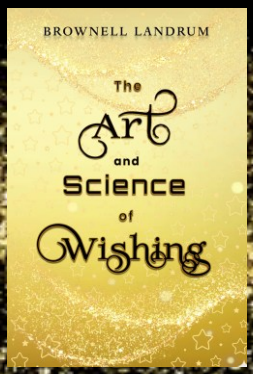
BROWNELL LANDRUM

Cosmic Wishes

SCIENCE & ACTIVITY CARDS

with Mitzi Ocasio



SCIENCE CARD

This is the SCIENCE card drawn during the show with Mitzi Ocasio:

142

Cognitive Science • Three Ps

Negative Capability

WAIT is hard because your mind wants answers. Why isn't it here? What did I do wrong? When will it come? Poet John Keats offered an alternative in 1817, what he called "negative capability": the practice of being okay with not knowing. Modern mindfulness research agrees with the need to "let it go." When you catch yourself demanding to know, pause. Tell yourself, "I don't have to know yet." Stay there.

Notes

ACTIVITY CARD

This is the ACTIVITY card drawn during the show:

186

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Neuroscience • Psychology • Three Ps

Nostalgia Walk

Research by Constantine Sedikides shows warm memories don't just feel good — they regulate stress, boost optimism, and strengthen your sense of meaning.

Today: spend 10 minutes deliberately revisiting a memory that makes you smile. Don't rush past it. Let it land fully. Then bring your wish into that warm state. You've just primed your wishing biology.

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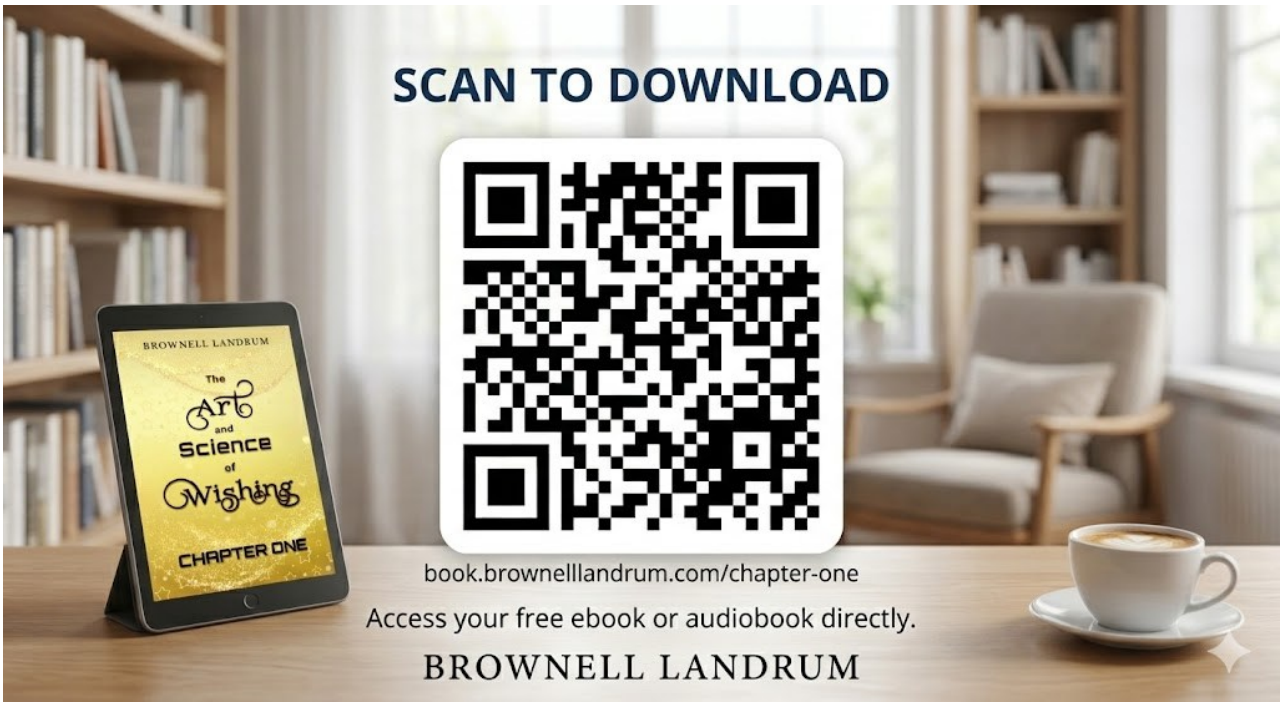
Download Chapter 1 of The Art & Science of Wishing for FREE!



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

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