



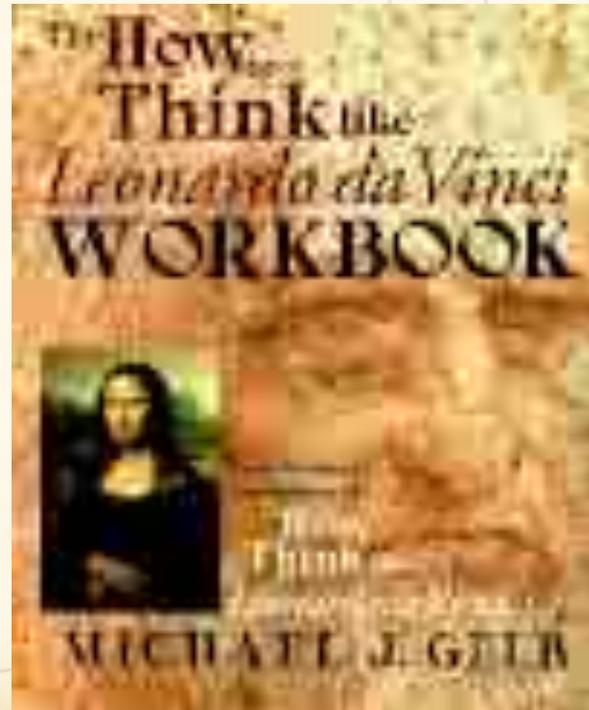
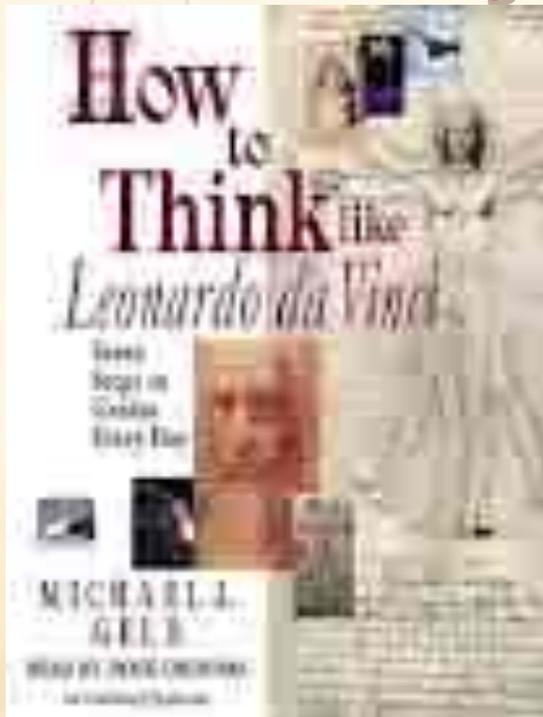
A “Seven Principles” Journal

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Michael J. Novak



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The Seven Da Vincian Principles

- **Curiosita**
- **Dimostrazione**
- **Sensazione**
- **Sfumato**
- **Arte/Scienza**
- **Corporalita**
- **Connessione**



Curiosita

- **An insatiably curious approach to life and an unrelenting quest for continuous learning**
- **Builds upon the natural impulse to be curious**
- **Leonardo as a child – curious about the world around him: nature, mathematics**
- **Leonardo as an adult – curious about practically everything**



Applying Curiosita

- **Curiosita and continuous learning**
 - **Play “What if ...?” – Contingency Planning; Risk Analysis and Management.**
 - **Identify your ideal hobby and how it will benefit you.**
 - **Learn a new language.**
 - **Nurture your Emotional Intelligence – “Know thyself”**

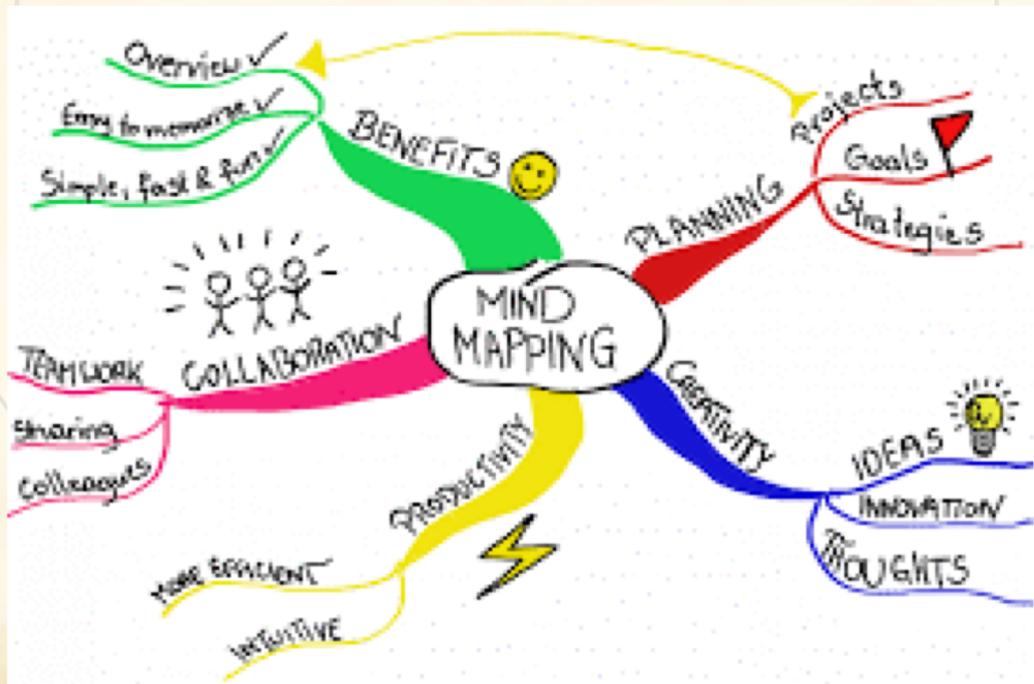


Applying Curiosita

- **Stream of Consciousness (a.k.a. mindmapping)**
- **Curiosita and innovative problem solving**
 - **What, who, when, where**
 - **How, why**
 - **The answer is in the question**



Applying Curiosity – Mindmapping





Applying Curiosity – Starting Your Journal

- List 100 questions that are important to you.
- Identify your “Top Ten” questions.
- Develop key themes – overarching categories from your 100 questions.
- Contemplate your key themes.
 - Refer to your questions and/or themes – one per day/week/etc.
 - Record your thoughts.



Applying Curiosita – Journal Entries

- **Play “What if ...?” – Contingency Planning; Risk Analysis and Management.**
 - **Develop contingency plans for possible natural disasters – fire, flooding, heavy winds, loss of electrical power.**
 - **List the threats to your personal health and safety. List actions you can take to eliminate or reduce the threats.**



Applying Curiosita – Journal Entries

- **List your hobbies. Identify your ideal hobby, and list ways it will benefit you.**



Applying Curiosita – Journal Entries

- **List the languages you would like to learn. (You can include computer languages.)**
 - **Pick a language from your list, and start learning it.**
 - **Record your progress in learning the language.**



Applying Curiosita – Journal Entries

- **Read a book or an article about Emotional Intelligence.**
 - **List the actions you can take to improve your Emotional Intelligence.**
 - **Record your progress in completing your actions.**



Curiosita – Journal Exercise

- **Develop a list of what you were curious about as a child.**



Curiosita – Journal Exercise

- **Develop a list of what you are curious about now.**



Curiosita – Journal Exercise

- **Compare your two lists. Record any differences between the two. Why do the differences exist (or why not)?**



Curiosita – Journal Exercise

- **Develop a list of what you are not curious about.**
- **Pick one item from your list. Go find out about it – read about it; talk to someone about it. Record what you find out.**



Dimostrazione

- **A commitment to test knowledge through experience, persistence, and a willingness to learn from mistakes**
- **Deming: “How do you know that?” – PDCA**
- **Baldrige Scoring Dimension, “Learning” – continuous cycles of evaluation and improvement**
- **Self-assessment – How well do you acknowledge your mistakes and learn from them?**



Applying Dimostrazione – Journal Entries

- **What would you consider the most influential experience(s) of your life? Record it/them. Record how the experience(s) affected your life.**



Applying Dimostrazione – Journal Entries

- **List your fundamental beliefs.**
 - **Record why you hold those beliefs.**
 - **Record how your beliefs may have changed based on your life experiences.**



Applying Dimostrazione – Journal Entries

- **Dimostrazione and Advertising**
 - Record how vulnerable you think you are to advertising (or to statements by politicians, journalists, etc.).
 - Record how you have “fact checked” an advertisement’s claims or the statements of others.



Applying Dimostrazione – Journal Entries

- Record how you have learned from mistakes and from adversity (your own or those of others).



Applying Dimostrazione – Journal Entries

- **Create self-affirmations – “I am ... [some good quality].”**



Applying Dimostrazione – Journal Entries

- Record how you have learned from “Anti-Role Models.”



Dimostrazione Exercises

- **Think about one of your fundamental beliefs.**
 - **Conduct research to find two views that do not match yours.**
 - **Record how these other views change (or do not change) your original beliefs.**



Dimostrazione Exercises

- **Make a list of people you know who have made mistakes that you would like to avoid.**



Sensazione

- **The continual refinement of the senses, especially sight, as the means to enliven experience.**
- **The better your senses, the more you can sense.**
 - **The more you can sense, the more information you can bring to bear on innovation.**



Sensazione

- **Yogi Berra: “You can see a lot just by observing.”**
- **Leonardo: The senses are the keys to opening the doors of experience.**
 - **Sensazione is the catalyst for Dimostrazione.**
- **We know about Active Listening.**
 - **There is also active seeing, active smelling, active tasting, active feeling.**



Sensazione

- **Be wary of distracting background sensory stimuli – loud noise, bright lights, strong smells, bad-tasting foods, rough or sharp objects.**
- **Sensazione is a right-brain activity.**
 - **Left-brain-dominant people need to consciously work on developing it.**



Sensazione Exercises

- **Go somewhere where you can be undisturbed for about 30 minutes.**
 - **Record everything you see.**
 - **Record everything you hear.**
 - **Record everything you smell.**
 - **Record everything you taste.**
 - **Record everything you feel.**



Sensazione Exercises

- **Go somewhere where you can be undisturbed for about 30 minutes. Record how the following affected you:**
 - **The most beautiful thing you have ever seen;**
 - **The sweetest sound you have ever heard;**
 - **The most wonderful aroma you have ever smelled;**
 - **The most delicious thing you have ever tasted;**
 - **The most enjoyable tactile feeling you have ever experienced.**



Sensazione Exercises

- **Go somewhere where you can be undisturbed for about 30 minutes. Record how the following affected you:**
 - **The worst thing you have ever seen;**
 - **The most disturbing sound you have ever heard;**
 - **The worst thing you have ever smelled;**
 - **The worst-tasting thing you have ever tasted;**
 - **The least enjoyable tactile feeling you have ever experienced.**



Sfumato – literally, “Going up in smoke”

- **A willingness to embrace ambiguity, paradox, contradiction, and uncertainty**
- **Ability to face the unknown**
- **Keeping your mind open in the face of uncertainty is the single most powerful secret of unleashing your innovative potential.**
 - **Sfumato is the key to that openness.**



Applying and Cultivating Sfumato

- **Take time out for solitude and relaxation ... and thoughtful reflection.**
- **When your gut tells you something, listen.**
- **Learn a new language.**
- **Visit a country where they speak a different language and have different customs.**



Applying and Cultivating Sfumato – Journal Entries

- Describe three situations where ambiguity was present. Describe your reactions.



Applying and Cultivating Sfumato – Journal Entries

- **Take time out for solitude and relaxation ... and thoughtful reflection on ambiguous or contradictory things. Record your thoughts.**



Applying and Cultivating Sfumato – Journal Entries

- Record three instances when you “listened to your gut.” Record the outcomes of your “listening.”



Applying and Cultivating Sfumato – Journal Entries

- Record three instances when you failed to “listen to your gut.” Record the outcomes of your failure to “listen.”



Applying and Cultivating Sfumato – Journal Entries

- **Visit a country where they speak a different language and have different customs. Take your Journal with you. Every day, record your experiences – especially those that are ambiguous, contradictory, or confusing. Record your reactions to these experiences.**



Sfumato – Journal Exercises

- **On a scale of 1 to 10, rate your own tolerance for ambiguity. Record the reasons for your rating. Record what (if anything) you would do to change your rating.**



Sfumato – Journal Exercises

- **Work a crossword puzzle, Sudoku, or other word/number game. Record your thoughts about that experience.**



Arte/Scienza

- **The development of the balance between science and art, logic and imagination – “whole-brain thinking”**
- **Leonardo: Art and science are inseparable; “Study the science of art, and the art of science.”**
- **Achieving a balance between art and science through mindmapping – as opposed to outlining and linear note-taking**



Applying Arte/Scienza

- **Learn mindmapping.**
- **Practice mindmapping skills.**



Arte/Scienza – Journal Exercises

- **Attend a meeting or conference.**
- **Mindmap the meeting/conference.**



Arte/Scienza – Journal Exercises

- **Mindmap the concept of quality – start with a question, problem, or issue that needs fresh thought; proceed from there.**



Corporalita

- **The cultivation of grace, ambidexterity, fitness, and poise**
- **Healthy body => health mind**



Applying Corporalita

- **Develop a physical fitness program.**
- **Watch your diet.**
- **Get enough rest.**
- **Avoid stress.**
- **Have regular medical checkups.**



Applying Corporalita

- **Cultivate ambidexterity.**
- **Learn to juggle – or something else that requires coordination (e.g., walking and chewing gum).**
- **Do something differently than you usually do it – like crossing your arms or legs.**



Applying Corporalita – Journal Entries

- **In your journal, record (daily):**
 - **Your exercise**
 - **What and how much you eat**
 - **How much you sleep**
 - **How much you smoke**
 - **How much you drink (alcohol)**
 - **How much you weigh**



Corporalita – Journal Exercises

- **Reverse cross your fingers, arms, legs. Record your feelings.**



Corporalita – Journal Exercises

- **Mindmap your personal application of Corporalita.**



Connessione

- **A recognition of and appreciation for the interconnections of all things and phenomena**
- **This is what the Baldrige approach to organizational improvement is all about – seeing the interconnections among policies, programs, processes, and results.**
- **Discern ripple effects, especially unintended/unforeseen consequences, the “butterfly effect.”**



Applying Connessione

- **Identify relationships among seemingly disparate things.**
- **Have imaginary dialogues.**
- **Think about interconnections among things.**
- **Think about the creation/origin of things, ideas, processes.**
- **Think about how large-scale things are reflected in microcosm – and vice versa.**



Applying Connessione – Journal Entries

- Identify relationships among seemingly disparate things:
 - A dog and a frog
 - A book and a thief
 - A boat and a tree
 - A conference and a television
 - Whatever and whatever (be innovative!)



Applying Connessione – Journal Entries

- **Have imaginary dialogues with:**
 - **A relative or friend**
 - **Donald Trump**
 - **Mother Theresa**
 - **Anyone you chose**
- **Record your dialogues.**



Applying Connessione – Journal Entries

- **Think about interconnections among things:**
 - **A meeting/conference you attended and another meeting/conference**
 - **Innovation and Knowledge Management**
 - **Innovation and Quality**
 - **Any two or more things you choose**



Applying Connessione – Journal Entries

- Think about the creation/origin of things, ideas, processes:
 - The Internet
 - The mouse trap
 - World War One
 - The Quality discipline
 - Anything you choose



Applying Connessione – Journal Entries

- Think about how large-scale things are reflected in microcosm – and vice versa:
 - The universe => the solar system => an atom
 - A forest => a tree
 - A library => a book
 - The Internet => a web page
 - Any other things you choose



Connessione – Journal Exercises

- **Make connections among the following: Leadership; Strategic Planning; Customer Focus; Measurement, Analysis, and Knowledge Management; Workforce Focus; Operations Focus.**
- **Make connections among any six (or more) topics, ideas, processes, organizations, etc.**



Final Exercise

- **Using one or more of Leonardo's seven principles, list 100 uses for a common paper clip.**