



Practicing Your Innovation Mindset

Your behaviors and perspective are a direct output of your mindset. But how do you build the right mindset? Through regular practice of activities that reinforce that mindset, stretching your innovation muscles. So we ask you this...

*** What will you do when you get back home NEXT WEEK? ***

Work through these questions to take quick action, then revise to make Dojo yours!

When will I schedule my first Dojo? Remember, your first Dojo session is just a test.

It might go great right out-of-the-gate or (more likely) there are tweaks that you and your team might want to help it work better. Don't let it discourage you, but rather let it motivate you. Regularly testing, getting feedback, and redesigning is the propellant for the success of your Dojo. **April is a great month!**

Who will I invite to my first Dojo? Who is open-minded and can give me honest feedback?

You want to identify 5-8 individuals that you can invite to your first test Dojo. These are people who are up for almost anything and, even if it doesn't go as you had plan, they will see it as a test and still offer suggestions to make your Dojo a better fit for you and your organization. Seek their perspective.

Which activity will I use for my Dojo? You've had an experience with a few during the presentation and a few more are listed on the back of this here worksheet. Check 'em out and pick one!



So, you hosted a Dojo? Congrats on taking action! Now gather feedback and try out another!

What went well? What didn't go so well? What questions do people have? What ideas were inspired?

<p>Mind of an Innovator – Focus on the quantity of ideas, and you will see that quality ideas will follow. An inviting and low-risk activity for any size group (multiple small groups or one large group).</p> <ul style="list-style-type: none"> • One Imaginary Problem • Two Imaginary Resources • As a group, come up with great solutions <ul style="list-style-type: none"> ○ Ask questions that take the thinking in a different direction ○ Riff off of your teammates’ ideas <p>Here is a link to the online version you can use: http://media.capella.edu/NonCourseMedia/MOAI/index.html</p>	<p>Idea Speed Dating – An idea networking game that works with pairs. The goal is to get NEW questions and NEW ideas that you haven’t thought of yet. Different perspectives and divergent ideas can set us on the path of real breakthroughs. The best thing you can do is meet new ideas with genuine curiosity and defer your judgment.</p> <p><i>For detailed instructions and participant handout, check out the Session Materials for the PDFs.</i></p> <p>Remember to:</p> <ul style="list-style-type: none"> - Be generous with your listening. Good dates are when the couple focuses on each other, and not themselves. - Be adventurous with your ideas! Sharing your wild idea could really help your partner explore new opportunities.
<p>Evolve an Everyday Item – Making changes to familiar items can greatly increase their usefulness.</p> <p>Start with a simple common item (hairbrush, wrench, garden hose, etc.) and have the group come up with as many new and better evolutions on the design that they can in 3 minutes. Repeat with a new item to start a new round. *NOTE: it doesn’t matter if there already are existing evolutions to the items – ask the group to either build on these existing upgrades or take the original design in a different direction.</p> <p>Variation: Add in a product or process that group members use at work.</p>	<p>Uncommon Uses for Common Items – An innovation exercise to strengthen reframing skills. Start with a common item, like a toothbrush (or a pen, or a phone charger cord, or a wine glass). Ask the group to come up with as many unintended uses for the item as they can in 3 minutes. It is important to focus on quantity, not quality, and encourage the group to share ideas without judging the usefulness. The collision of ideas (even bad ideas) leads to new directions of thinking</p> <p>Variation: Add in a simple task like “How would you use a toothbrush to help warm up your car?” or “How would you use a toothbrush to ward off unwanted solicitors?”</p>
<p>Meerkat Escape – This is a divided work activity that focuses on observation. This high-challenge activity works on problem solving and communication. We suggest saving this one until you’ve run a few dojo sessions.</p> <p>Backstory: You are a happy meerkat family – or were a happy meerkat family, until you were rounded up a taken to a zoo. And it isn’t a fun and fancy zoo. It is one of those crooked zoos run by evil zookeepers. And you want out!</p> <p>Challenge: It’s lunchtime. Half of the meerkat family snuck through the ventilation system into the head zookeeper’s office while she was off grabbing lunch. Inside the office is a map of the entire zoo. You can’t take the map with you – that would raise suspicion. But you can make a copy.</p> <p>Goal: To make the most accurate copy of the map possible in 25 minutes or less (when the head zookeeper returns from lunch).</p> <p><i>For detailed instructions, check out the Session Materials for the PDF with expanded instructions.</i></p>	<p>Questionstorming – This is a classic innovation activity. The focus again is on quantity, not quality.</p> <p>Select a topic for questioning. Could be a need, a problem, a new opportunity, and idea – and come up with 50 questions. This usually takes about 20 minutes. If you are doing this solo, the challenge is typically running of ideas for questions. Stick with it, and remember that even rotten questions count. If you are doing this as a group, make sure you take questions one at a time, and that no new questions should be shared until the current question is written down.</p> <p>What we’ve found: The first 10 are easy, the next 10 are more difficult. By 30, frustration and doubt set in and by 40, anger. By the time we get to the last 10 we have forced ourselves far away from our surface thinking, and we come up with some new directions. This is our brain engaged in divergent thinking.</p> <p><i>For detailed instructions, check out the Session Materials for the PDF handout for participants.</i></p>