

**Good Morning,
TMM4220!**



Gratitude

A 2015 article in the popular journal *Scientific American* reported that, out of 24 strengths, including such powerhouses as love, hope, kindness, and creativity, the single best predictor of good relationships and emotional wellbeing was gratitude.



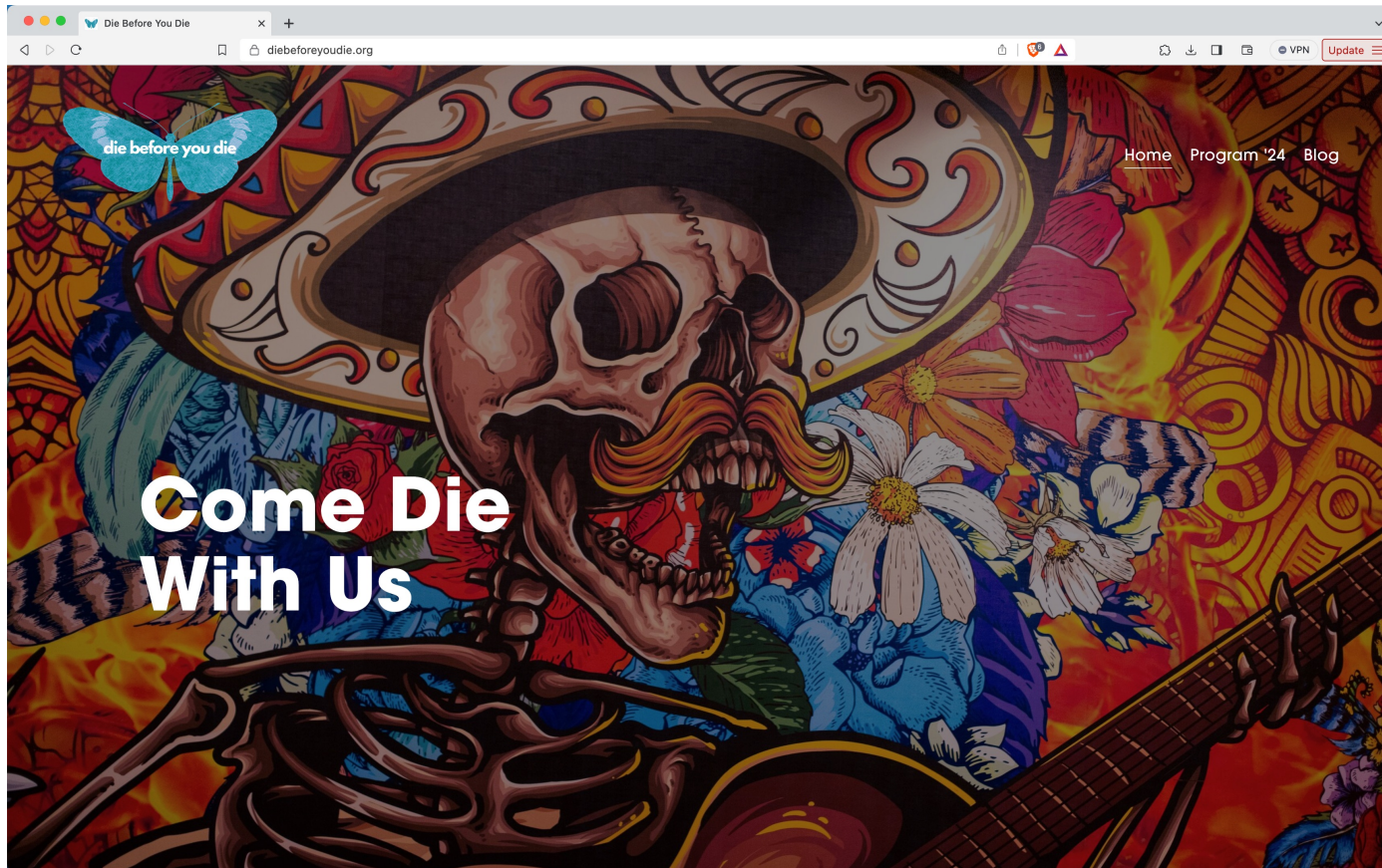
The Power of Gratitude

- Keeping a gratitude diary for two weeks produced sustained reductions in perceived stress (28%) and depression (16%) in health-care practitioners.
- Dietary fat intake is reduced by as much as 25% when people keep a gratitude journal.
- Writing a letter of gratitude reduced feelings of hopelessness in 88% of suicidal inpatients and increased levels of optimism in 94% of them.
- Gratitude is related to a 10% improvement in sleep quality in patients with chronic pain (76% of whom had insomnia) and 19% lower depression levels.

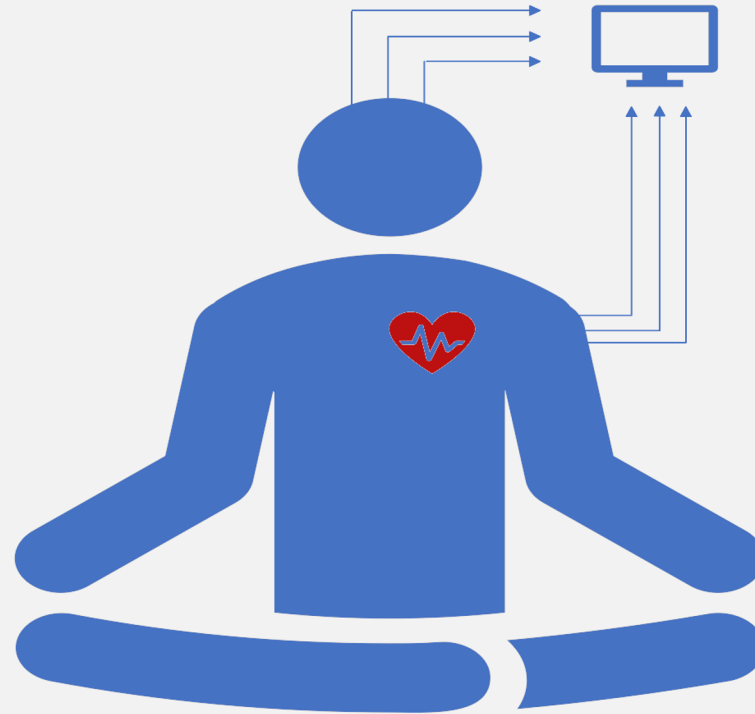
Gratitude Letter

Craft a one-page, A4-size handwritten letter to someone who has been particularly kind to you but to whom you have not shown your full appreciation. This could be a parent or guardian; close family member; teacher; or friend. Tell them (1) how much you appreciate them and everything they've done for you; (2) be as specific as possible; (3) avoid empty platitudes; and (4) be as vulnerable, honest, and authentic as possible.

www.diebeforeyoudie.org



Contemplative Neuroscience

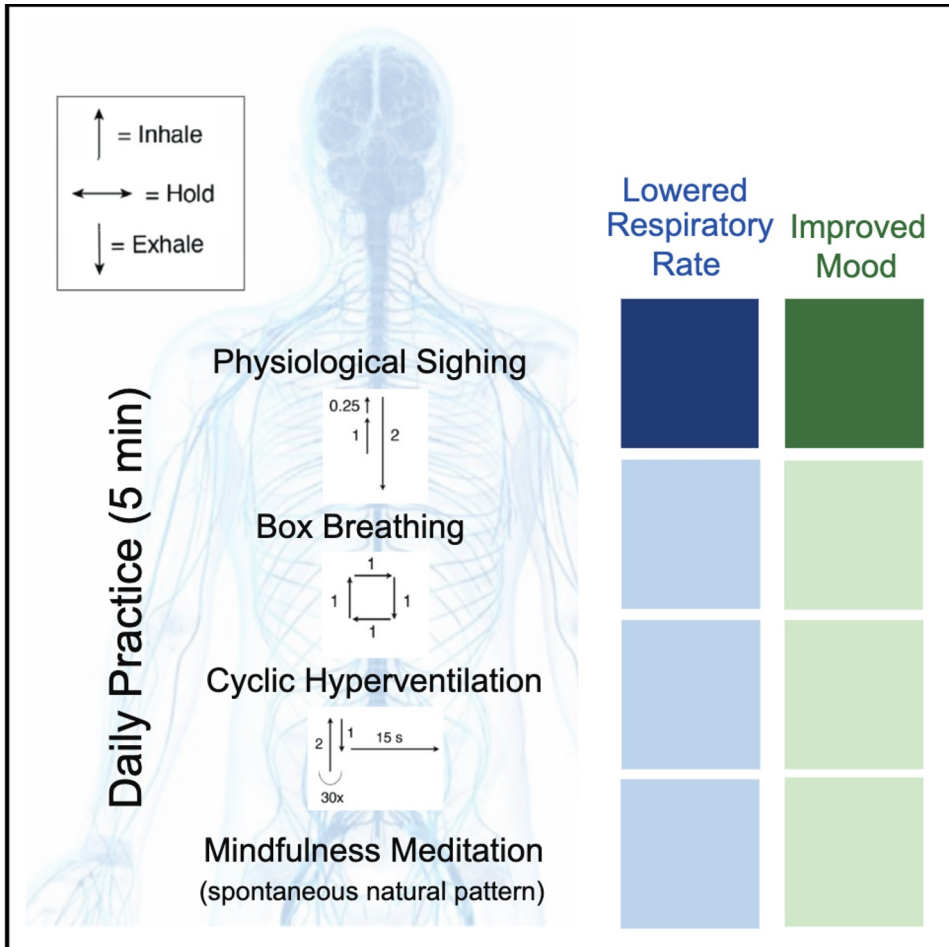


Scan the QR code to learn more about our upcoming study figuring out the most effective way to reduce stress, improve mood and focus!

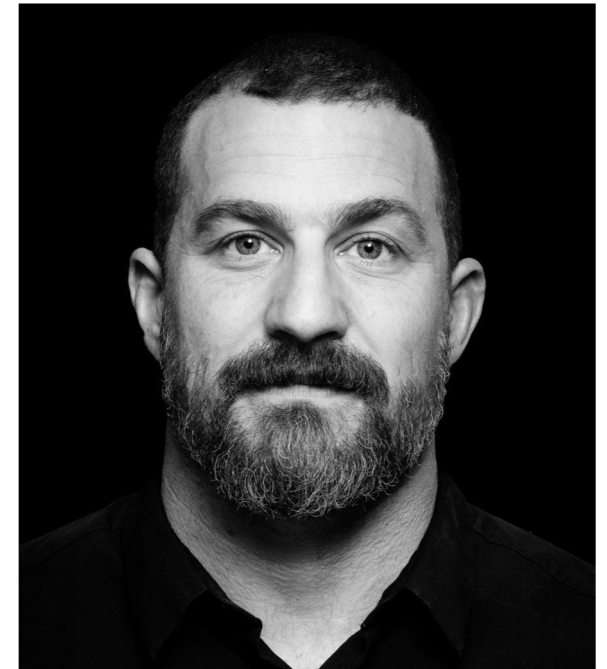
Our work will be a rigorous followup to the Stanford pioneer study of Andrew Huberman and his team!

All participants will be given a 300kr gift card!

Breathwork vs Meditation



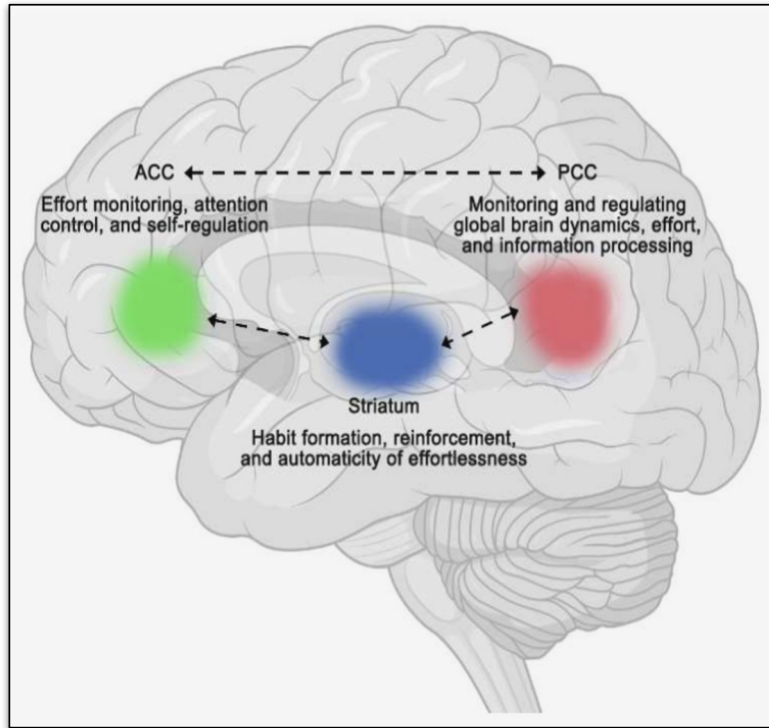
- Reduced stress
- Improved focus
- Improved mood



Andrew Huberman,
famous neuroscientist
and podcaster

[https://www.cell.com/cell-reports-medicine/fulltext/S2666-3791\(22\)00474-8](https://www.cell.com/cell-reports-medicine/fulltext/S2666-3791(22)00474-8)

Effortless attention



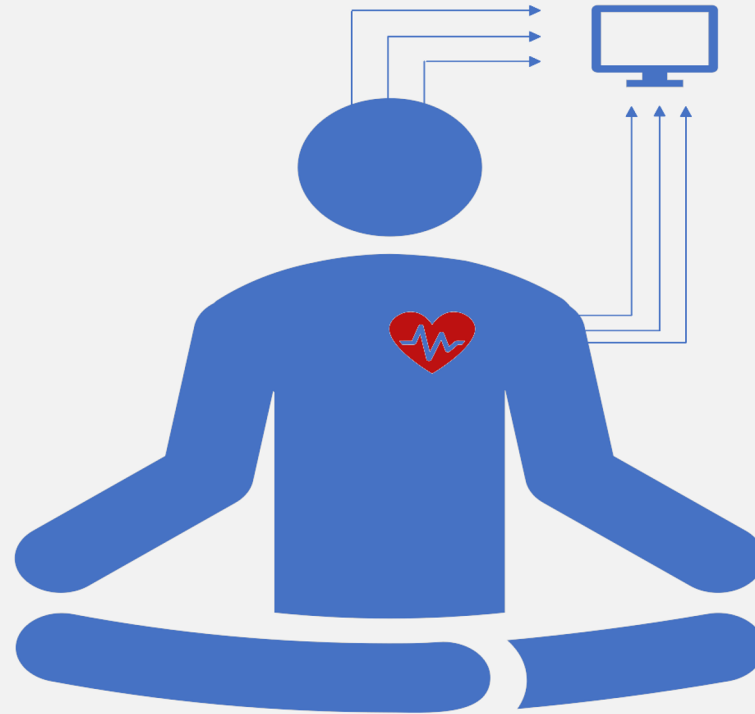
- Two types of attention
- Effortless is associated with insight meditation
- Cyclic sighing never tested



Yi-Yuan Tang, Prof. at Arizona State with over 12 000 citations

<https://www.sciencedirect.com/science/article/abs/pii/S1364661322000900>

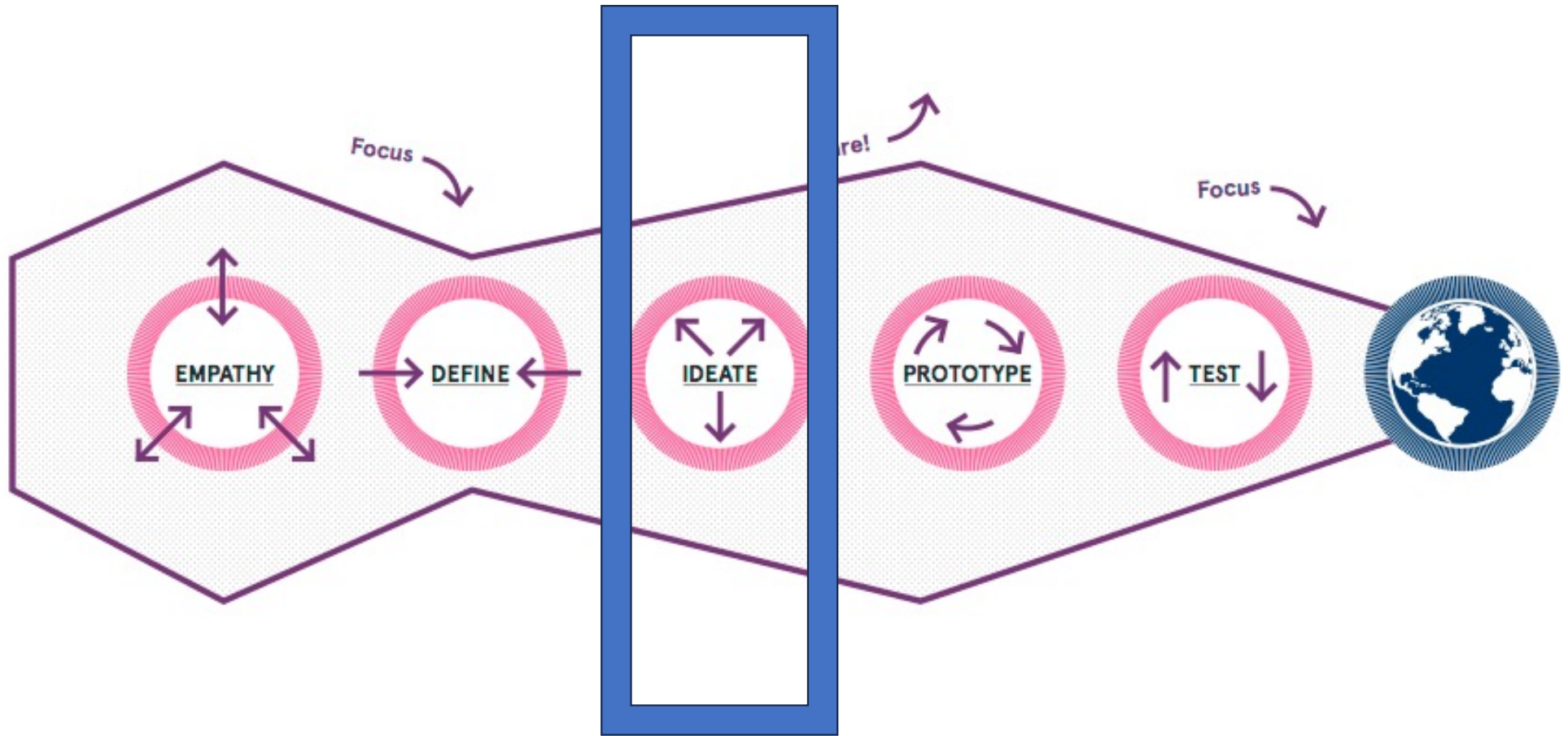
Contemplative Neuroscience

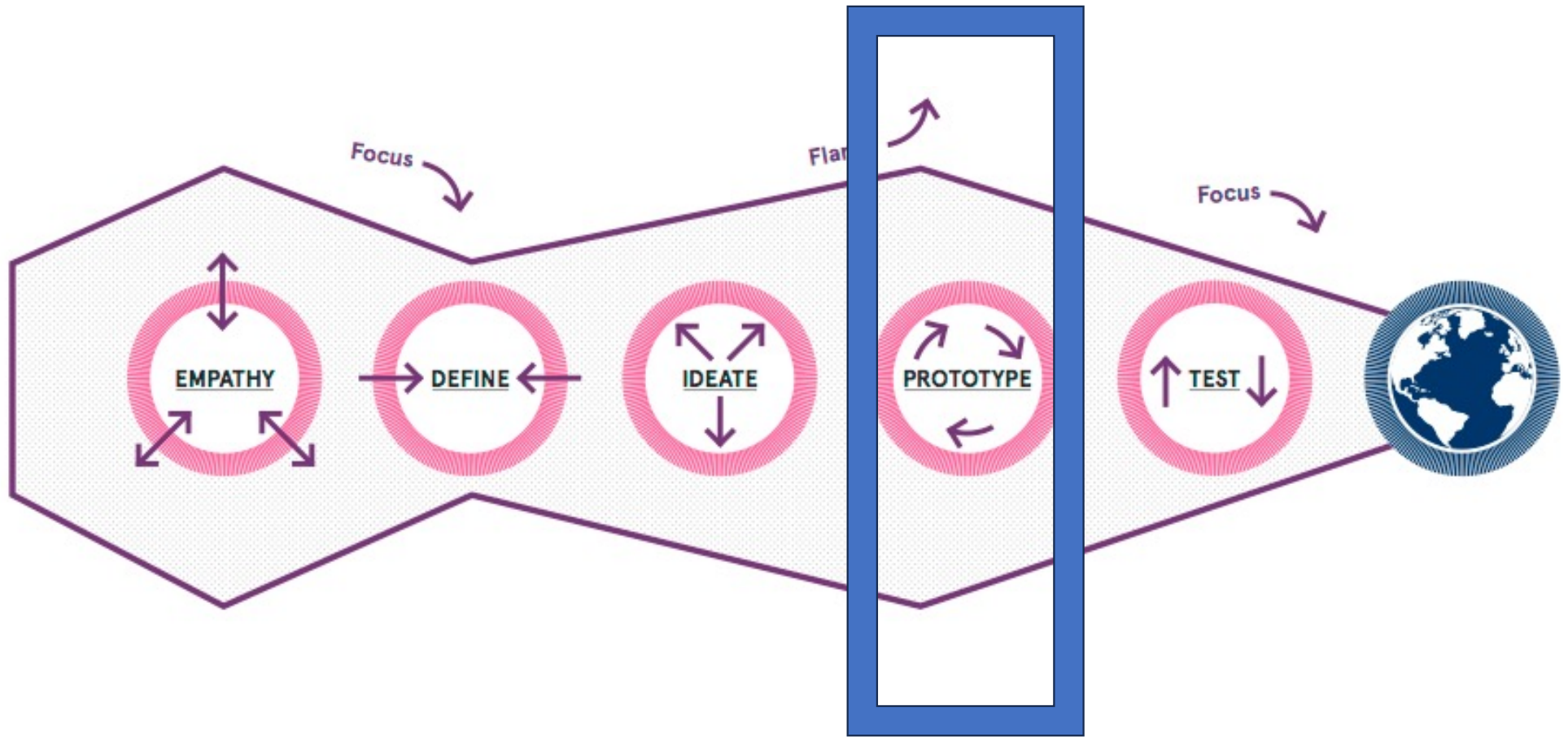


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EXPLORATION AND EXPLOITATION IN ORGANIZATIONAL LEARNING *

JAMES G. MARCH

*Graduate School of Business, Stanford University,
Stanford, California 94305*

This paper considers the relation between the exploration of new possibilities and the exploitation of old certainties in organizational learning. It examines some complications in allocating resources between the two, particularly those introduced by the distribution of costs and benefits across time and space, and the effects of ecological interaction. Two general situations involving the development and use of knowledge in organizations are modeled. The first is the case of mutual learning between members of an organization and an organizational code. The second is the case of learning and competitive advantage in competition for primacy. The paper develops an argument that adaptive processes, by refining exploitation more rapidly than exploration, are likely to become effective in the short run but self-destructive in the long run. The possibility that certain common organizational practices ameliorate that tendency is assessed.

(ORGANIZATIONAL LEARNING: RISK TAKING; KNOWLEDGE AND COMPETITIVE ADVANTAGE)

Cross-Pollination



Lightning Demos

Browse the internet for inspiration from other areas, industries, etc., i.e., “steal.”

Each person presents 2 to 3 examples.

One person visualizes.



Brainstorming Rules



Defer Judgment



Encourage Wild Ideas



Build on the Ideas of Others



Stay Focused on the Topic



One Conversation at a Time



Be Visual



Go for Quantity

Brainwriting, Yes And...





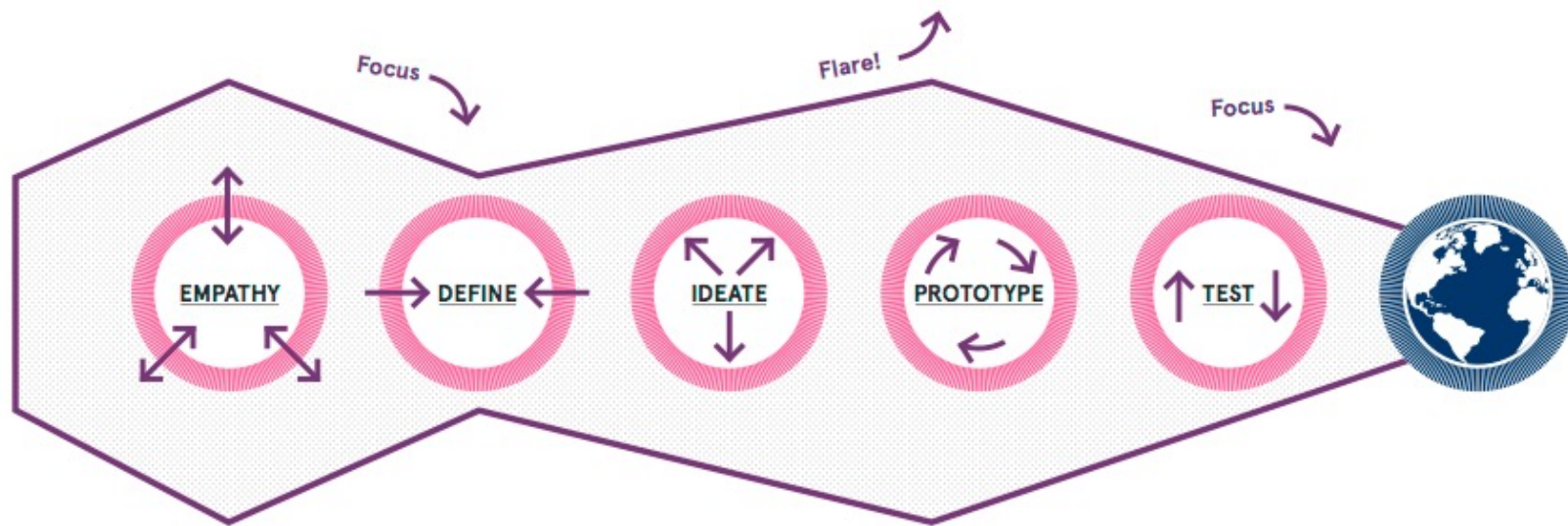
Dotmocracy

20 dots each



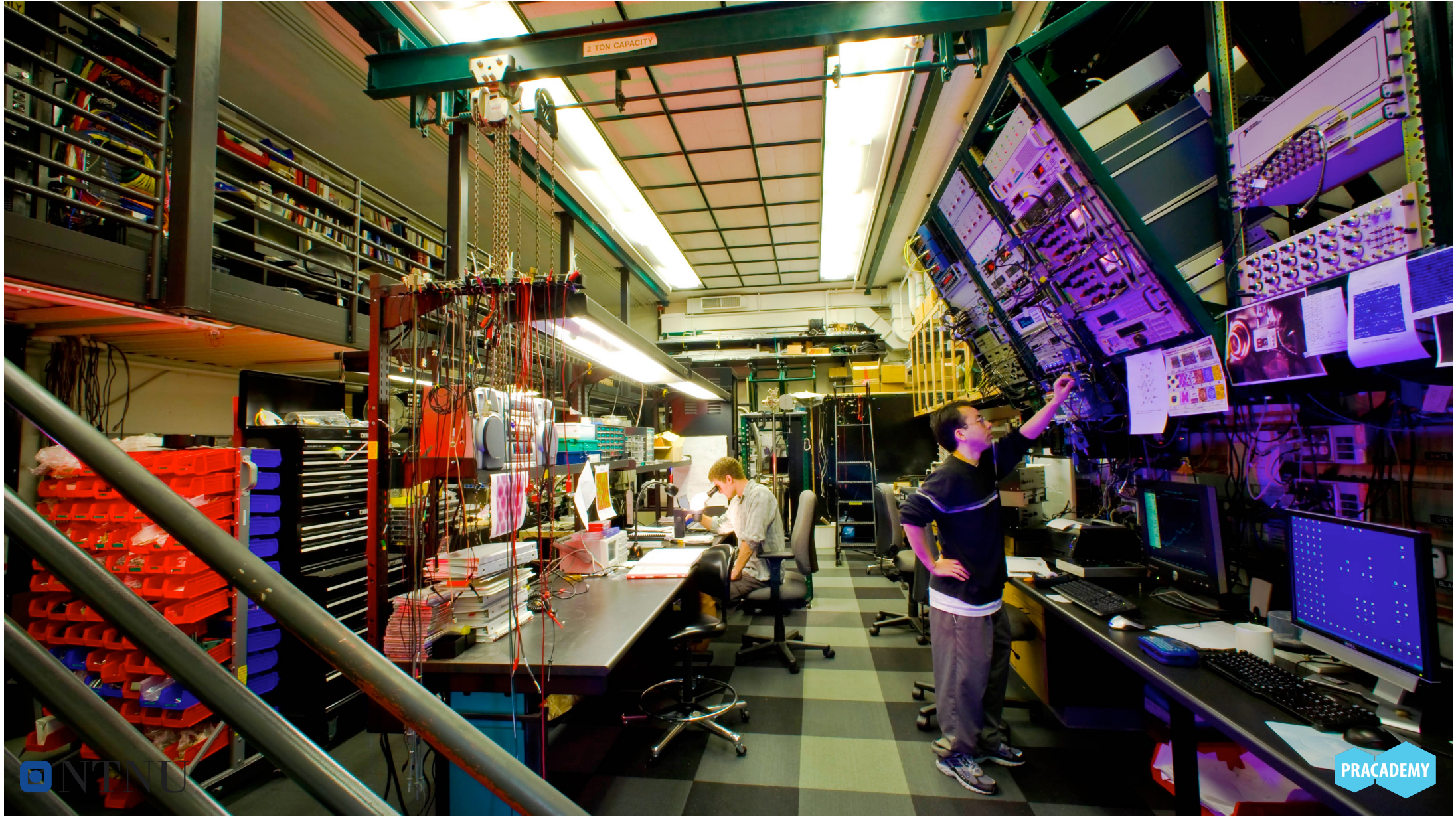


Rapid Prototyping



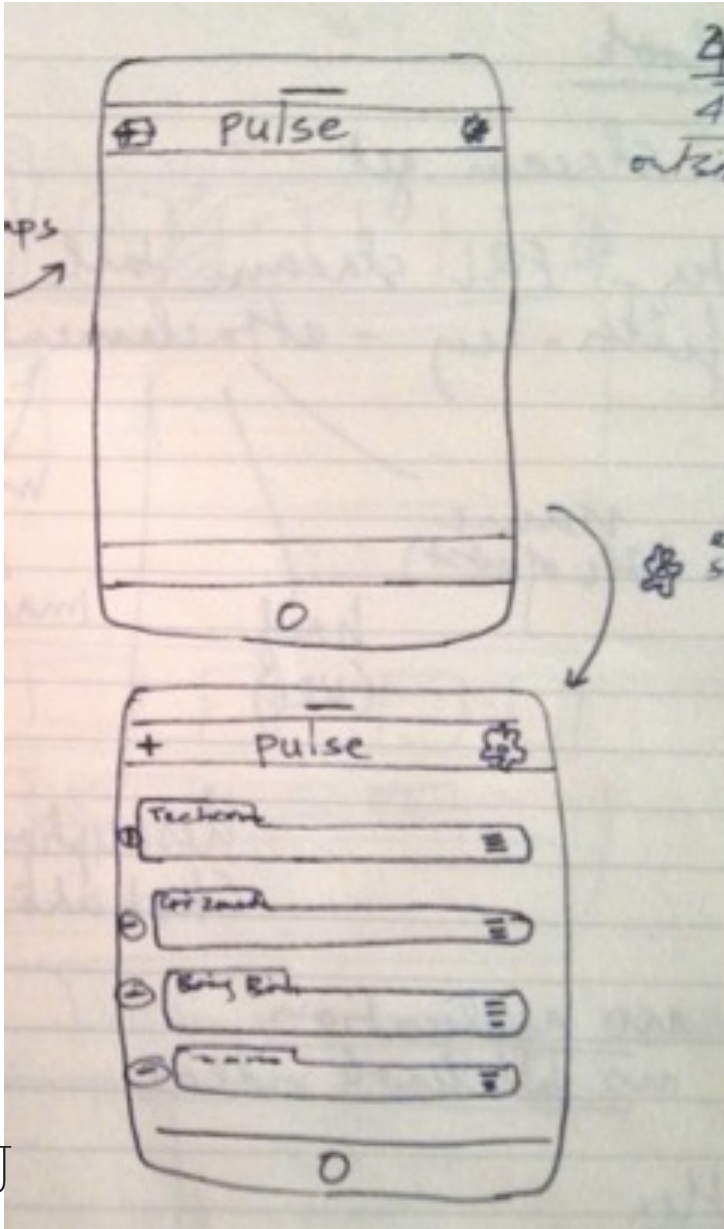
Ankit & Akshay

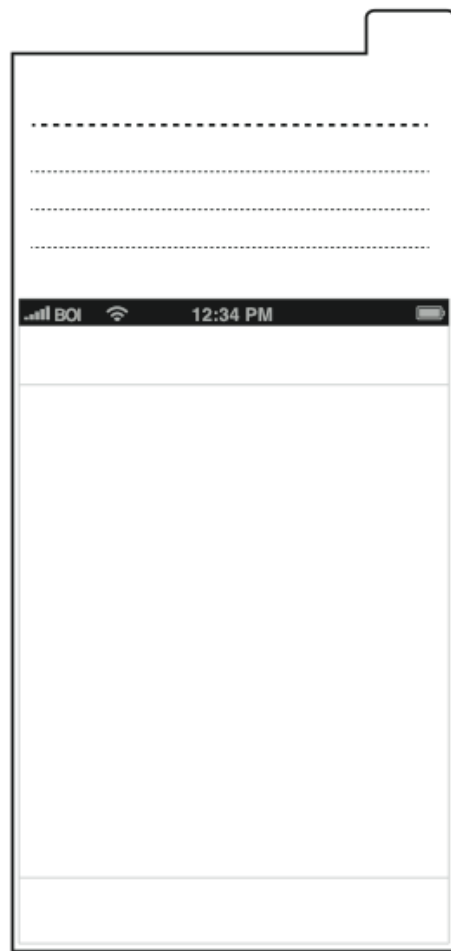
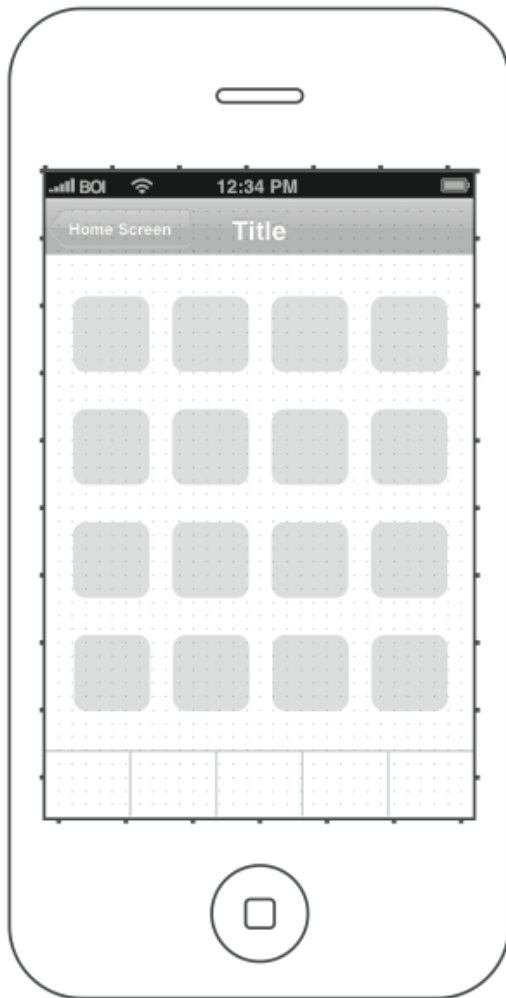
















35 million

17 apps per iPad

LinkedIn Acquires Pulse Mobile-News Reading Tool for \$90 Million

by Ari Levy

April 12, 2013 – 6:01 AM CEST



LinkedIn Corp., the biggest online professional-networking service, said it's buying startup Pulse for about \$90 million, accelerating an expansion into distributing content for users.

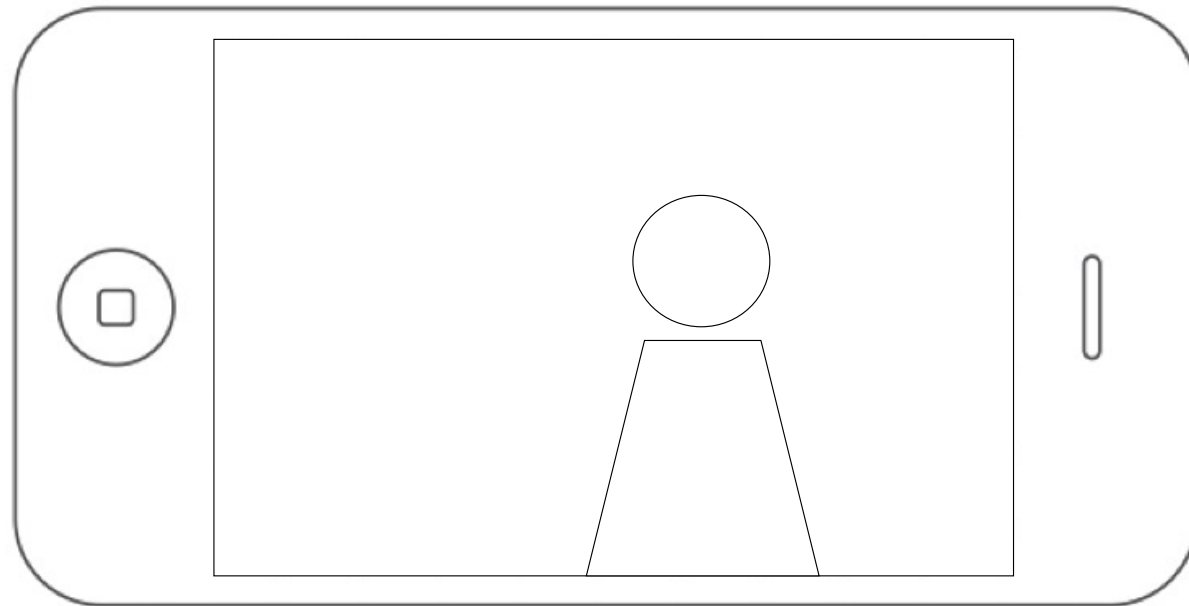
Fail Early to Succeed Sooner

**Anything can be
prototyped!**



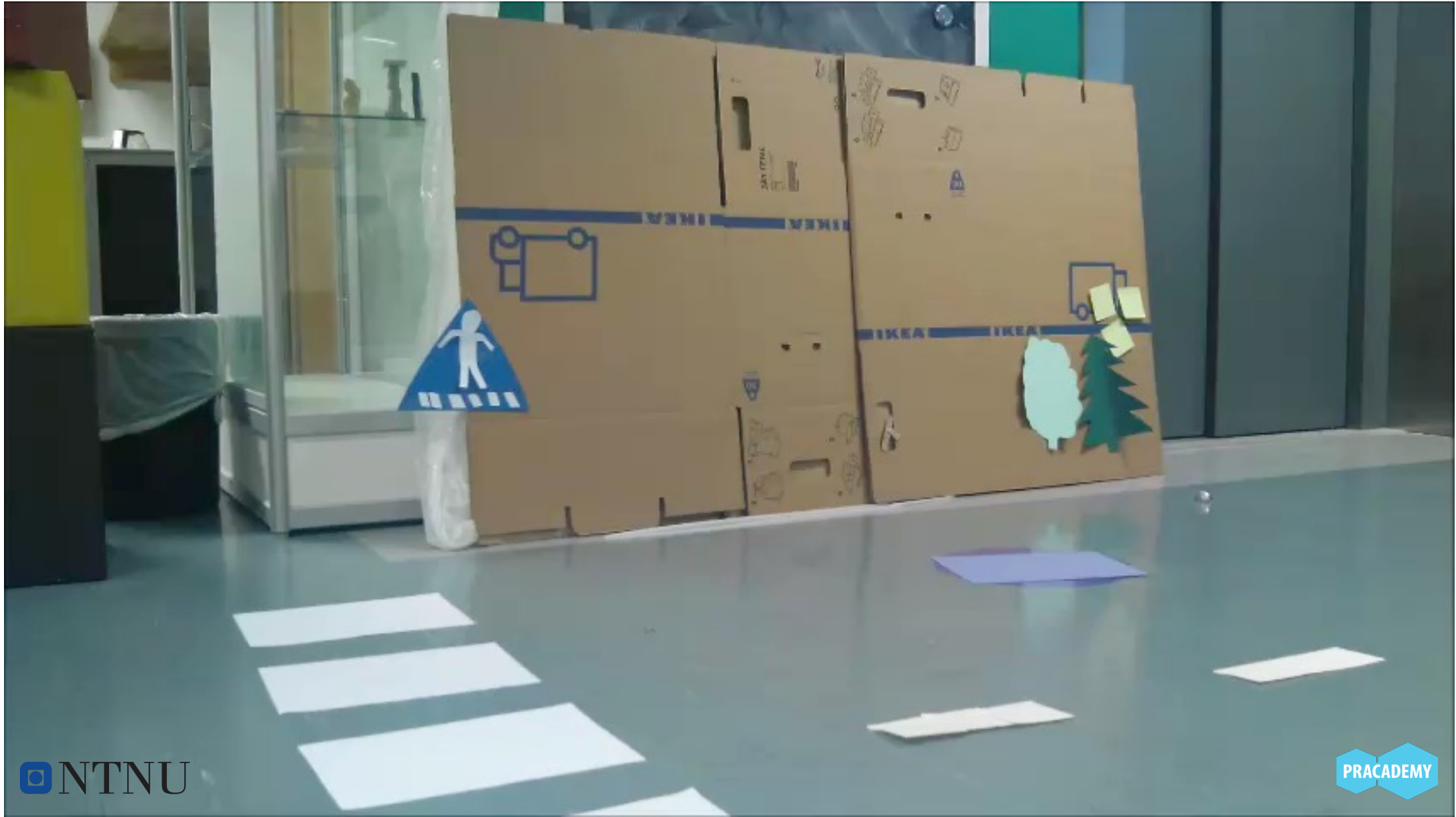


The Power of Paper









**If you're not embarrassed
by your early prototypes,
you've waited too long.**