

Date	Title of Card	Do Section	Card Play	Lessons
5/10	Let Courageousness Stir Your Soul	Take a few minutes today to read about or watch a courageous act in your world. Afterwards make notes and describe what jarred you the most and why.	Amanda Berry and Charles Ramsay -Amanda's scream for help -Charles jumping in to help -Others were rescued -Quick thinking courageous instinct	Be brave in endeavors. Be a difference maker when called upon. Be vigilant.
5/11	New Perceptions Opens New Markets	Spend a few minutes today Googling an emerging and intense public perception. Document evidence for its staying power and what opportunities and problems it presents.	Widening perception that football is unsafe. According to the Associated Press, the number of concussions in the NFL in 2010 jumped 20 percent from 2009, and more than 30 percent from 2008.	Hot button issue in recent collective bargaining agreement. Required reduction in NFL workouts. Opportunities: tech improvements: safer helmet, brain monitor system. Problems: current and potential lawsuits, potential demise of sport
5/12	Create Something Really Cool	Take a few minutes today to identify a really cool saying, product, service, person or company. Make notes on what makes it cool and how you can spread that around.	Cool: Waze app -free traffic and navigation app -voice-guided -auto re-route -reports (police, camera, traffic, etc.) -route options by time and distance	I can contribute to the coolness by posting reports (accidents, police, average speed, etc.). I can also try social driving by contacting users and joining a common commute driving group. Reporting any bugs will improve the app.
5/13	Indulge in Your Sense of Wonder	Make a short list of those things that create awe and wonder in you. Take a few minutes at the end of the day to gaze, reflect or otherwise experience a sense of wonder.	Nature (Lake Michigan, wind, rain, snow), buildings, campus construction, high efficiency cars, computers, smartphone	Reflecting on a sense of wonder is a precursor to innovation. Innovation stems from deep thinking about making a process/thing 10x, 100x.
5/14	Your Body Senses Possibilities First	Pay attention today to your bodily sensations - tingle, rush, anxiety or any sort of non-specific gut feeling. Hold onto it and see if you can identify the new possibility behind it.	Got a body massage after soreness from sport activities over the weekend. Massage was not only great for body sore spots but for the mind.	One hour relaxation period was great for the mind. Maybe a 15 minute daily yoga routine will get the same benefit. Will be good for stress relief, thinking, and innovation.
5/15	Hang Out in Creative Spaces and Places	Discover the spaces and places in your community that naturally support high levels of creativity. Spend an hour today working and talking in one.	Spent 2 hours in Non-traditional Revenue Strategies class.	Non-traditional Revenue Strategies fosters creativity in sports business. Whether it's coming up with an off-the-wall promotion event or being imaginative with season ticket plans, creativity is key to maximizing revenues.

5/16	Opportunity in Demographic Shifts	Spend a few minutes today Googling a demographic trend that fascinates you. Document the new facts you find and the opportunities and problems they present.	Generation Y: Tech-savvy Digital technology Social media Seek out new challenges Fastest growing in workforce	Opportunities: constant communication, problem-solving Problems: Not as responsive at workplace with high expectations -Identifying opportunities and problems of a demographic group generate innovative ideas. Need to tailor job duties for wave of Generation Y workers.
5/17	Innovate by Lifting Someone Up	Take a few minutes today to find a new and authentic way to give someone a positive emotional lift. Try small doses that spread broadly or radically unique expressions.	The \$446 tip for a \$5.97 bill came to mind after reading this kCard. After leaving a cash tip, I'll include a thank you note to express my gratitude.	My idea isn't quite at the innovation level but it does lift someone up. By lifting others, people will have the drive to go on to bigger and better things.
5/20	Compassion Can Unleash Innovation	Many issues including injustice, hunger, products with deadly defects and poor education cry out for innovation. Today find a small way to creatively express your compassion.	Think section of card: Tragic events can release energy for innovation. The Moore, Oklahoma tornado was quite unfortunate. Watching NBC news, I learned about the "safe room" built in Fair Grove, MO after a tornado hit the city four years ago.	Communities in tornado areas should have "safe room" gyms. Not everyone can afford a tornado shelter. Maybe stronger house foundation materials can be invented.
5/21	Look a Step Past What You Know Best	Take 15 minutes today to identify ways to improve a product or work practice you have mastered. Document small easy to implement enhancements that have clear impact.	A work practice I seem to have mastered is prioritizing tasks and executing. I am good at not procrastinating and setting a daily/weekly schedule. One enhancement is to do an end-of-day recap/plan while work tasks are fresh on the mind. Sometimes, tasks are forgotten by next work morning.	By implementing a simple process (review and create agenda for next day) at work, I can be a greater asset to an organization. Tasks for the day will be clear and can start working right off the bat.
5/22	Your Problems are the World's Problems	Look around your home, yard, car and community and make a list of everyday problems you have solved or want to solve. Work with friends to develop and share solutions.	As a temporary resident of "college-town" Evanston, it seems like there are too many cases of students getting burglarized late at night.	Students walking alone late at night after library, party, bar, etc. is dangerous. SafeRide is an option for students. What about scheduling a pickup via a smartphone? That will save time and any miscommunication over the phone.
5/22	Understand Trends and Hard Problems	Take at least 30 minutes each day to study the news, journals and sites with trend information in your field. Document ideas about emerging capabilities and how they might be applied.	http://dailyuw.com/archive/2013/05/13/news/uw-researchers-turn-lcds-touchscreen#.Uai2AZywVW7 The ability to turn LCDS into touchscreen caught my eye. Easy to make screens interactive. Modifies old technology.	Chen and Gupta have enhanced functionalities of a LCD screen. For LCD screens designed for viewing, there is a way to touch and feel. It's a simple idea that brings increased value to an object. Good for environment in using existing technology.

5/23	Understand Trends and Hard Problems	Take at least 30 minutes each day to study the news, journals and sites with trend information in your field. Document ideas about emerging capabilities and how they might be applied.	http://news.yahoo.com/blogs/this-could-be-big-abc-news/glowing-plants-street-lights-future-184326783.html?vp=1 Glowing plants through synthetic biology. Reduction in street lights in the future? Still in the development stages but interesting concept.	It's a good concept to take advantage of plants and sunlight. No electricity for lights in the future? Possibly another good concept of helping the environment in the long run.
5/24	Indulge in Your Sense of Wonder	Make a short list of those things that create awe and wonder in you. Take a few minutes at the end of the day to gaze, reflect or otherwise experience a sense of wonder.	Spectacular view of Chicago from the Willis Tower Skydeck. Building itself is a wonder. 3 rd tallest building in the world.	By having a sense of wonder and interest, it can lead to an innovation. How do you construct tall structures faster? What are innovative materials and designs that can be used for high-rise buildings?
5/25	Remix Experience to Enliven the World	Pick a daily activity and imagine practical ways to enliven it. Get specific about adding color, sound or text and changing shapes and sizes.	My daily activity is setting aside ten minutes for a relaxing walk. Whether it is morning, lunch break, or evening, the walk is good for my mind and health.	Remix experience would be to take a walk with relaxing music. Or, chat up a walker and small-talk about ongoings for other perspectives. By changing the experience, it could spark a new idea for implementation.
5/26	Change Meanings to Find Your Calling	Pick an everyday object or event such as a lamp, bike, movie or mowing the lawn. Document several ways you can radically remake its meaning in a practical yet compelling way.	Basketball video game. -body sensors -movements will show up on designated player -jump, shoot, pass, etc. -online multi-players with same technology	This game will be more than sitting and holding a remote controller. It builds off Wii concept and will have online pickup capabilities. It creates socialization and movement for the gamer.
5/27	Your Problems are the World's Problems	Look around your home, yard, car and community and make a list of everyday problems you have solved or want to solve. Work with friends to develop and share solutions.	In looking around the home, there is an issue of squirrels going up the tree and biting away on guavas. We have tried some wire, aluminum foil to no avail. Recently heard best way is to have a motion water spray (ground level).	Community members also must have this issue with different trees and animals. What about a small tube with many openings wrapped around the tree? Light mist spray on the squirrel as it attempts to go up the tree. May be vital for farmers dependent on fruit supply.
5/28	Create Something Really Cool	Take a few minutes today to identify a really cool saying, product, service, person or company. Make notes on what makes it cool and how you can spread that around.	Cool: Sleep Cycle app -alarm range -alarm goes off at optimal time -records variables (bedtime, wake up, temperature) for further analysis -charts	I alerted iphone family members about the Sleep Cycle app. We can compare results and come up with a sleep plan. A good night's sleep refreshes the mind for innovative thoughts.

5/29	Let Courageousness Stir Your Soul	Take a few minutes today to read about or watch a courageous act in your world. Afterwards make notes and describe what jarred you the most and why.	Tiananmen Square Protests: Guy standing in front of tanks -Risk life to protest the government -Stood up for own beliefs	Courage to act. Whether it's a work project or something baffling on a way bigger scale, have courage and determination to continue until completion.
5/31	Create Something Really Cool	Take a few minutes today to identify a really cool saying, product, service, person or company. Make notes on what makes it cool and how you can spread that around.	Cool Saying: Live life to the fullest Ernest Hemingway -Good words to live by -Explore and innovate -Pursue your passion -Find your "calling" in life	I can spread the saying around by encouraging others to be passionate about life, family, endeavors, etc. Explore the world and have memorable moments.