



# How to Think like Leonardo da Vinci



About

book

mind map



## 1. Curiosità

An insatiably curious approach to life and an unrelenting quest for continuous learning.

focus on questions!

Application and Exercises



## 2. Dimostrazione

A commitment to test knowledge through experience, persistence, and a willingness to learn from mistakes.

Application and Exercises



## 3. Sensazione

The continual refinement of the senses, especially sight, as the means to enliven experience.

"The five senses are the ministers of the soul" -Leonardo

Application and Exercises



## 7. Connessione

A recognition of and appreciation for the interconnectedness of all things and phenomena. Systems thinking.

connections

Application and Exercises



## 6. Corporalità

The cultivation of grace, ambidexterity, fitness, and poise.

health

Application and Exercises



## 5. Arte/Scienza

The development of the balance between science and art, logic and imagination. "Whole-brain" thinking.

balance

Application and Exercises



## 4. Sfumato

(literally "Going up in Smoke"): A willingness to embrace ambiguity, paradox, and uncertainty.

"The painter who has no doubts will achieve little." -Leonardo

contemplation of

Application and Exercises