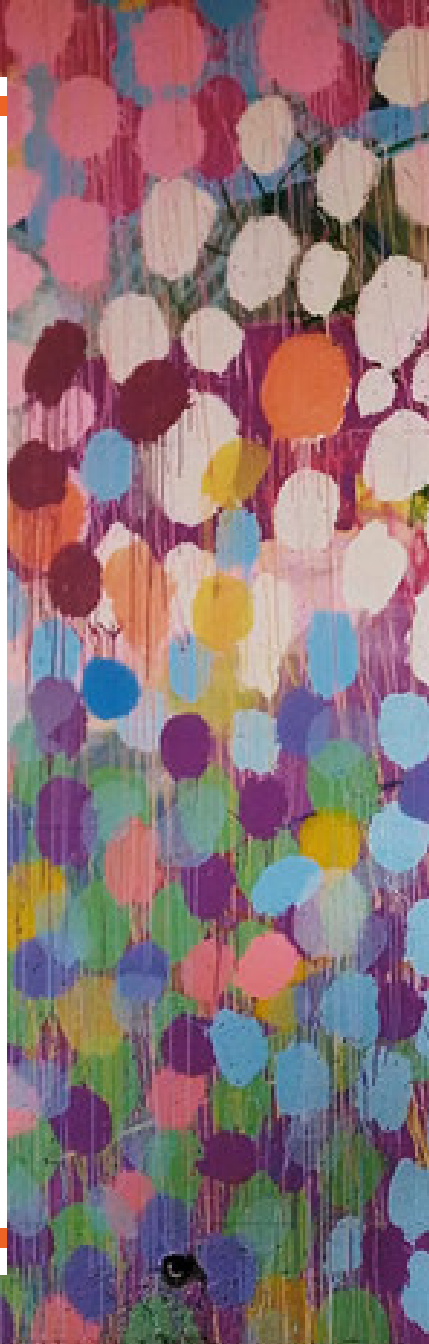


YEAR OF VALUES

STAY HUNGRY

PROVOCATION NO. 1



*The highest
reward*

for your hard work is
not what you get for it,
but what you become
by it.

Throughout our Year of Values program, we have repeatedly seen that reflection is a powerful tool.

During our Integrity, Always quarter, we explored how reflection helps us connect with our moral compass by aligning our values to our actions.

During R.E.S.P.E.C.T, we saw how powerful self-reflection could be in overcoming negative self-talk and dealing with conflict.

We can also use reflection in our pursuit of Staying Hungry!

Because...

when we reflect on our
previous experiences,
we are better able to
prepare for the future.

Free soloist, Alex Honnold helps to feed his hunger by reflecting on what he has learned from his past experiences.



(You can read more about how free soloist Alex Honnold stays hungry in the [Stable Kernel blog](#).)

For this week's provocation, we will explore a few goals you have accomplished that made you proud.

Your reflections can be from personal or professional experiences.

The important thing is to realize where you have been so that you can continue moving forward.

Click the link on the following page to record your reflection.

LET'S GET STARTED!

Estimated Time Commitment:

10 minutes

What You'll Need:

X comfortable place to reflect

X willingness to participate

[Click here to begin.](#)