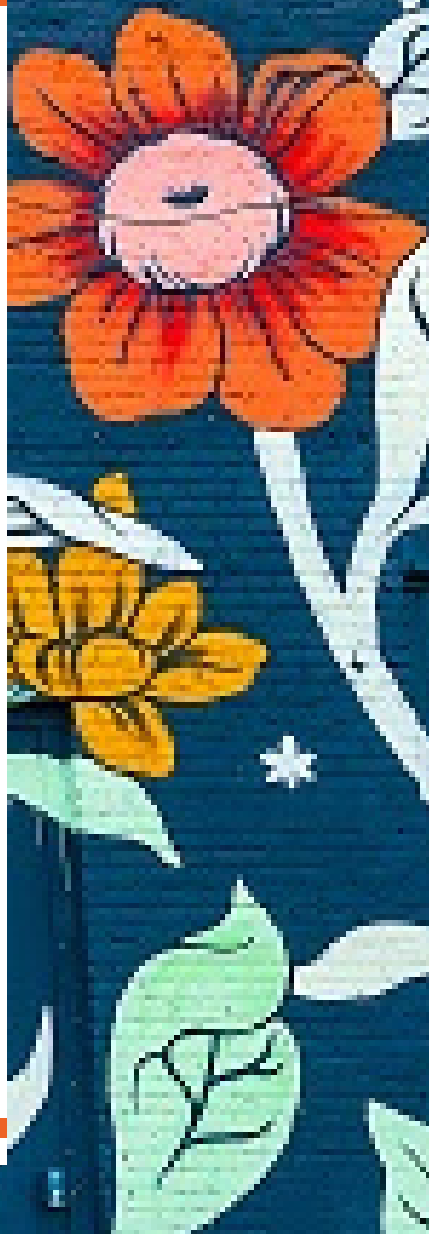


YEAR OF VALUES

WE LEARN & WE SHARE

PROVOCATION NO. 4



Learning

without reflection is a
waste. Reflection
without learning is
dangerous.

- Confucius -

Research shows that while practice is important in learning a new skill, reflection plays an important role in learning, too.

When we take the time to reflect on the accumulation of experiences, we can begin to articulate and codify our learning to better prepare ourselves for future learning.

There are two reasons for this.

1

First, when reflecting on our past performance and identifying what was positive or negative about it, we give ourselves feedback that makes us more confident, capable, and certain of our ability to complete future tasks. As a result, we will perform better on these future tasks.

2

Secondly, reflection increases our understanding of the task. By reflecting on past experience and performance, we refine our knowledge of exactly how we achieved what we did. This deepens our connections to the relationship between our actions and their outcomes.

Let's be real.

Reflection does not come naturally for most of us. Most of us would rather be *doing* than *reflecting* on what we have already done.

However, reflection is important to our learning...

Because...

when we take the time
to reflect, we are
actually giving
ourselves the space to
do our best work.

For this week's provocation, you will have the opportunity to do a deep dive analysis on a recent project.

You will analyze what was successful and what was not successful about the way the project played out.

Don't assign blame for any mistakes.

Instead, focus on putting together best practices for future projects and identifying new approaches you can take to avoid repeating old behaviors that didn't serve you well.

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

LET'S GET STARTED!

Estimated Time Commitment:

10 minutes

What You'll Need:

X willingness to participate

X comfortable place to reflect

Click here to begin.