

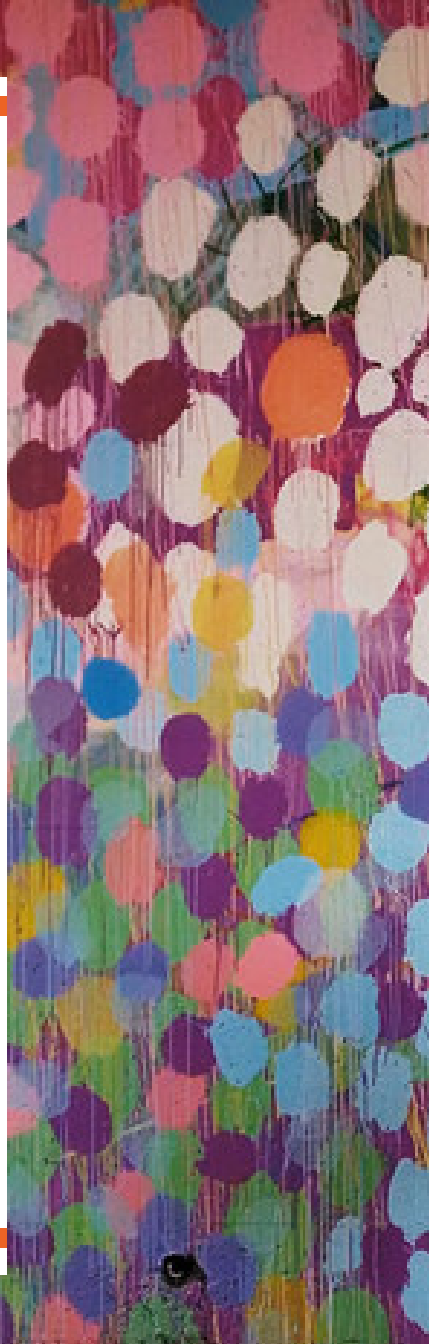
YEAR OF VALUES

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# STAY HUNGRY

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PROVOCATION NO. 3



*Sometimes*

it's not about who has  
more talent, it's about  
who's hungrier.

FOR MANY OF US, STAYING HUNGRY IS  
NOT AN INNATE CHARACTERISTIC.



But don't fret, with a little practice, we  
can learn to be hungry like the wolves!

We stay hungry at Stable Kernel and we commit to growing this company together.

This requires everyone to work together, pushing for new opportunities, better processes, and continuous learning and sharing.

Developing your hunger allows you to take part in this and define and strive for the things you want to achieve in your own life and career.

Here are some strategies that will help you stay hungry.

*1. Visualize  
your goal in  
detail  
everyday.*

Spending 10 minutes  
daily reminds you  
where you are going  
and how you are going  
to get there.

2. *Raise the stakes to make retreating impossible.*

When you can't go back, you are forced to go forward.

### *3. Move your body to stay motivated.*

If you feel you're losing steam take a moment to walk, exercise, or stretch. It is proven to help more than that extra cup of coffee!

## *4. Make inaction painful.*

Make your goals public  
and visualize action  
when you feel  
procrastination  
coming on.



# 5. Learn to prioritize.

The Eisenhower  
Matrix can help!

*6. Reflect on  
your past and  
current  
experiences.*

Reflection is a powerful tool to keep you reaching for your goals by recognizing how far you have already come