

Date:

Eat The Frog



1

## Identity Your Frog

Choose your hardest task of the day. That is your frog.



Eat It

2



Eat the frog! Do your hardest task first thing in the morning – this way, you can't push the task backwards and other daily tasks are more manageable.

3

## Repeat Every Day

Do this every day! You will be more productive and tasks will be easier.

