

ACTION:

“Eat Frogs!”

Lesson 6

IN THIS LESSON:

- Discover a technique that will help you prioritize the tasks in your day, take action and give you a strong sense of accomplishment (and relief) immediately.




"Eat a live frog every
morning, and nothing
worse will happen to you
the rest of the day."
Mark Twain

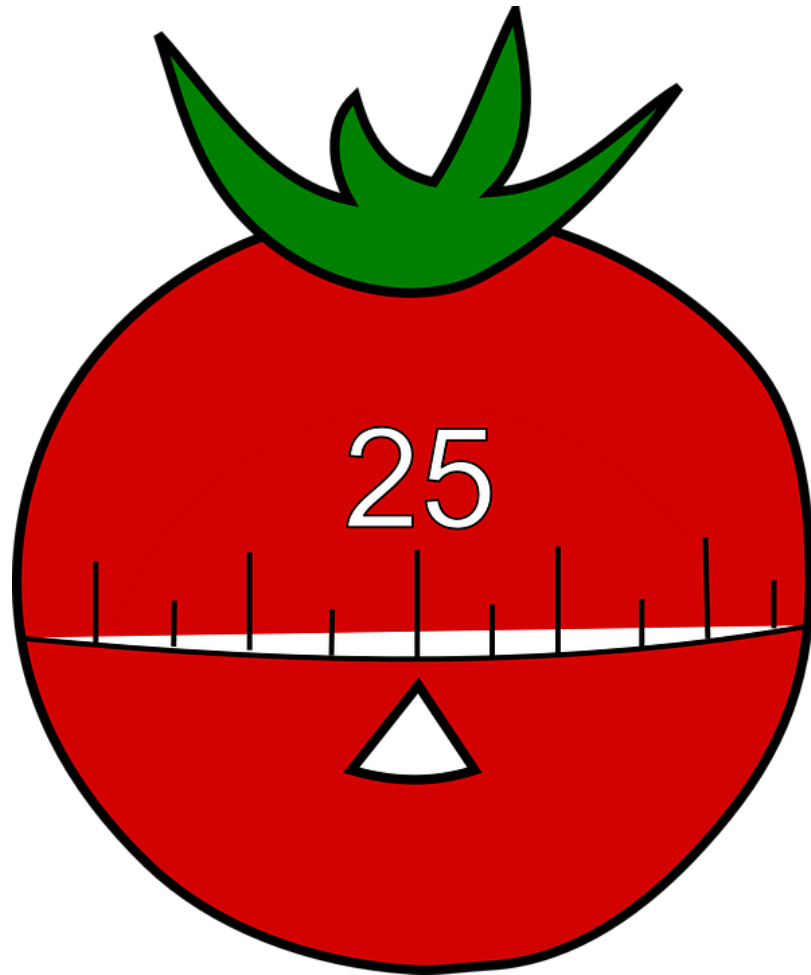
IT'S A **SUPER SIMPLE** PROCESS:

- **Determine your FROG.**
(What's that "thing" you know you need to do but don't want to do?)
- **EAT your frog.**
(First thing each day)

TAKE ACTION:



**Want to REALLY
supercharge things?**



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TAKE ACTION **NOW**:

- ✓ Identify your frog
- ✓ Use the **Pomodoro** technique
- ✓ Eat the frog