

Yes, frogs are Hot Melt Sprint approved, in case you were wondering. In fact, I encourage you to eat at least one a day, right when you first wake up!

Okay okay...let me back up a bit...

Mark Twain had a couple of things to say about eating frogs.

"Eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day."

And...

"If it's your job to eat a frog, it's best to do it first thing in the morning. And if it's your job to eat two frogs, it's best to eat the biggest one first."

Bryan Tracy followed that up with "Eat the ugliest one first!"

So what does this mean?

Often we procrastinate doing the hardest things on our To-Do List, to the point of never actually getting them done. For me, it was working out. I would start my day, and then find myself with a dozen things to do first. Instead of eating the frog and doing my workout as planned, I would tell myself "I'll do it later."

It wasn't until I changed my routine that I was able to break out of this bad habit. I started getting everything set up the night before so that all I had to do was turn on my coffee maker in the morning. I started laying out my workout clothes the night before and having a meditation ready to go on my phone. I stopped unloading my dishwasher while my coffee was brewing, and started doing it after my workout instead. Planning and preparation go hand in hand, and together they enabled me to start eating my frog first instead of putting it off, day after day.

Failure to execute is a huge problem for many people, as well as organizations and jobs. It is important to have something that reminds us of what we need to do. This concept is similar to the (Clap! Clap!) Kitchen's Closed, the Mindful Mug, and even the Quote Deck. When we leave the frog sitting on the countertop, we remember to eat it.

How do we do this?

1. PLAN to eat your frog first. Write it down and time-block it. If it is something that is constantly being ignored, it needs to become #1 on your list.

2. Your evening ritual needs to get you ready for the next day. Prep your coffee, get your workout clothes ready, and use your evening ritual for the best results.
3. Put productivity on notice - the little victories make us feel good! It isn't about getting a lot done, but about getting the most important things done.
4. This is a "How to feel good" strategy. The cycle of feeling good about ourselves and getting things accomplished carries over into all aspects of our lives.
5. Energy and resolve (willpower) work together, and they are at their peak first thing in the morning. We set up our environments for success, and that makes our resolve stronger when we wake up.
6. Unexpected distractions are less likely to come up first thing in the morning.
7. We naturally hate unfinished projects, and we are far more likely to complete them when they are the first order of business. (Obviously, long-term projects need to be broken up into manageable chunks!)
8. Just get started on your frogs - you can thank me later!