



# Eat that frog!

1

Select any goal, task or activity that you have been procrastinating on and make a list of all the steps you will need to get there. Start with just one thing on that list – that's all you need to do to get started!

2

Apply the law of 3 – what one task would contribute the greatest value to your business? Do the same thing for the 2nd and 3rd task that contributes the most value. Concentrate on these three tasks all day long.

3

Identify the key skills that can help you to achieve better and faster results – then set a goal, make a plan so you can increase your ability in those areas.

4

Focus on the areas where you have special talents – this is the key to unlocking your personal potential!

5

Identify your most important goal - what would have the most positive impact on your life? Determine the one constraint that holds you back, is it something in you that holds you back? Do anything – but get started!

6

Set deadlines and sub deadlines – and try and beat them! Raise your own bar - make it a game and resolve to win.

7

Keep your mind positive by accepting complete responsibility for yourself and for everything that happens to you. Resolve to make progress rather than excuses. Keep your thoughts and your energy focussed forward on what you can do right now to improve your life and let the rest go.