

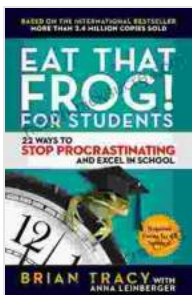
# Eat That Frog: A Student's Guide to Getting Your Work Done

Eat That Frog is a productivity method that was popularized by Brian Tracy in his book of the same name. The basic idea behind Eat That Frog is to tackle your most important task first thing each day, before you get distracted by other, less important tasks. This helps you to stay focused and make progress on your most important goals.

There are many benefits to using the Eat That Frog method, including:

- Increased productivity
- Reduced stress
- Improved focus
- Greater sense of accomplishment

Here is a step-by-step guide on how to use the Eat That Frog method:



## Eat That Frog! for Students: 22 Ways to Stop

**Procrastinating and Excel in School** by Anna Leinberger

★★★★☆ 4.6 out of 5

Language : English  
File size : 2278 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 192 pages



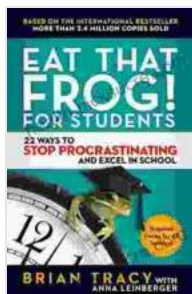
1. **Identify your frog.** Your frog is your most important task for the day. It is the task that you have been putting off or that you are most dreading.
2. **Set a time to eat your frog.** The best time to eat your frog is first thing in the morning, before you get distracted by other tasks.
3. **Break down your frog.** If your frog is a large task, break it down into smaller, more manageable chunks.
4. **Take action.** Once you have broken down your frog, start working on it right away. Don't wait until later, or you may never get around to it.
5. **Stay focused.** Once you start working on your frog, stay focused until it is complete. Don't allow yourself to get distracted by other tasks.
6. **Reward yourself.** Once you have completed your frog, reward yourself with something that you enjoy. This will help you to stay motivated and make it more likely that you will continue to eat your frog each day.

Here are some tips for students on how to make the most of the Eat That Frog method:

- **Use a to-do list.** A to-do list can help you to keep track of your tasks and identify your frog each day.
- **Set priorities.** Once you have identified your tasks, set priorities for them. Your frog should be the task that is most important to you.

- **Break down large tasks.** If you have a large task, break it down into smaller, more manageable chunks. This will make it easier to get started and stay focused.
- **Reward yourself.** Rewarding yourself for completing your frog will help you to stay motivated and make it more likely that you will continue to eat your frog each day.

Eat That Frog is a powerful productivity method that can help students get their work done and achieve their goals. By following the steps outlined in this article, you can learn how to use the Eat That Frog method to improve your focus, productivity, and sense of accomplishment.



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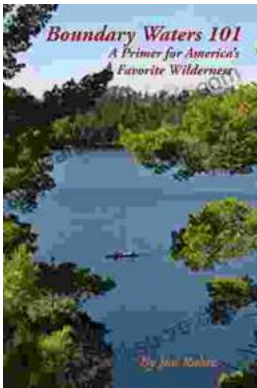
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