

EFFORT :

5. FROGS AND BANNISTERS

**"IF YOU HAVE TO
EAT TWO FROGS,
EAT THE UGLIEST
ONE FIRST!"**



BIG IDEA



- × This activity focuses on the advice of two academic researchers and authors:
- × IDEA ONE: The "Frogs" advice comes from Brian Tracy, an American Educational speaker and business guru. In his book *Eat That Frog* (2013), He suggests that people should imagine that tasks are frogs that need eating!
- × His advice is as follows: "If you have to eat two frogs, eat the ugliest one first."

5

**"IT DOESN'T
MATTER HOW WELL
YOU POLISH THE
UNDERSIDE OF THE
BANISTER."**



6

BIG IDEA



IDEA TWO: The "Banister" advice comes from Randy Pausch – Computer and human interaction scientist;

"It doesn't matter how well you polish the underside of the banister."

In other words, don't worry about unimportant details – put your effort where the results will be greatest.

5

**THINK ABOUT THE
WORK YOU HAVE
COMPLETED RECENTLY.**

6



***HAVE YOU BEEN EATING
FROGS?
(GETTING THE TOUGH STUFF
DONE FIRST...)***



***OR HAVE YOU BEEN
POLISHING BANISTERS?***
*(COMPLETING EASY TASKS
THAT MIGHT NOT BE IMPORTANT).*

[illegible]

GO!!!!

ZOMBOOYAH

ZOMBOYAH



5:00	Frogs	Banisters.


FINAL THOUGHTS

Finally, create a table like the one below to help you prioritise and channel your efforts to where they are most effective

Which tasks are you doing that you can stop?	Which tasks are you avoiding that you should tackle?

10



	Which tasks are you doing that you can stop?	Which tasks are you avoiding that you should tackle?

FINAL THOUGHTS

- × Ridding ourselves of the jobs that are not necessary can help us remove unnecessary stress from our lives.
- × Also, completing a hard task we have been avoiding can gives us a real boost of pride, and relief.
- × It can help us believe anything is possible!!

15