EAT THAT FROG

PREFACE:07/03/2021

Introduction: 07/03/2021

This is a wonderful time to be alive. There have never been more possibilities and opportunities for you to achieve more of your goals than exist today. In fact, there are so many good things that you can do that your ability to decide among them maybe the critical determinant of what you accomplish in life.

Chapter 1 - Set the Table

There is one quality that one must possess to win, and that is definiteness of purpose, the knowledge of what one wants and a burning desire to achieve it.” ( Napoleon Hill )

Before you can determine your “frog” and get on with eating it, you have to decide exactly what it is you want to accomplish in each area of your life. Clarity is the most important concept in personal productivity. The number one reason why some people get more work done faster is because they are absolutely clear about their goals and objectives and they don’t deviate from them.

A major reason for procrastination and lack of motivation is vagueness, confusion and fuzzy mindedness about what it is you are supposed to do, and in what order and for what reason.

Here is a great rule for success: "Think on paper."

There is a powerful formula for setting and achieving goals that you can use for the rest of your life. It consists of seven simple steps. Any one of these steps can double and triple your productivity if you are not currently using it. Many of my graduates have increased their incomes dramatically in a matter of a few years, or even a few months, with this simple, seven-part method.

* Step number one: Decide exactly what you want.
* Step number two: Write it down.
* Step number three: Set a deadline on your goal
* Step number four: Make a list of everything that you can think of that you are going to have to do to achieve your goal.
* Step number five: Organize the list into a plan.
* Step number six: Take action on your plan immediately.
* Step number seven: Resolve to do something every single day that moves you toward your major goal.