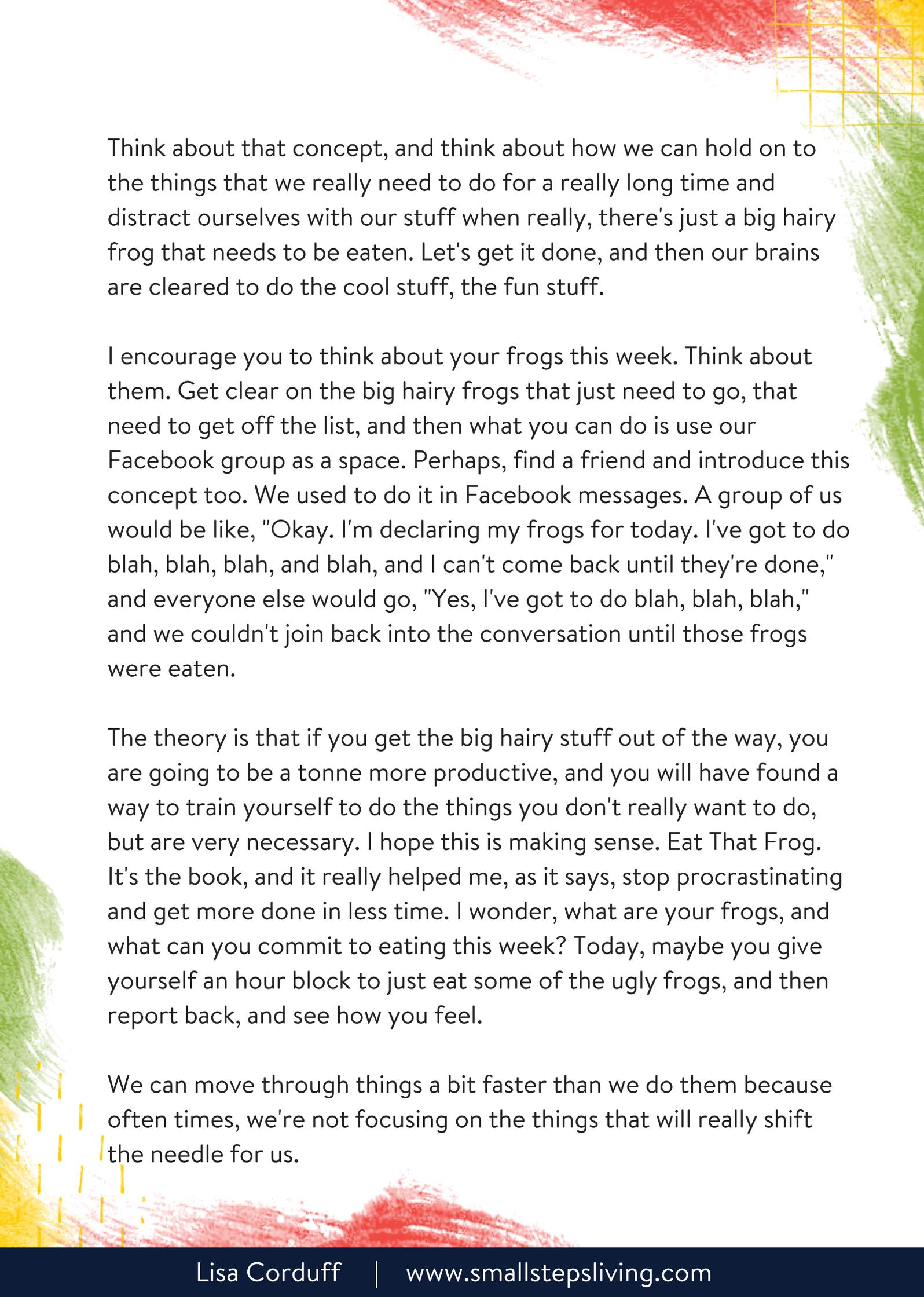


EAT A FROG

Welcome to a brand new month in the membership. So many cool awesome things are coming for you this month, but first, we're going to start with a topic very close to my heart, and that is getting shit done. When I started off working for myself, and there were kids around and had nap times, that was my time to work because we all know. It's impossible to really do anything with three little people around, and I would find that I would sometimes procrastinate, and I'd fluff for a little bit, and then I'll be like, "Oh, they're going to be awake in half an hour," and so I do lots of little tiny jobs to just help myself feel like I'd gotten stuff done, and it created this bad practise of never doing the important things until I read this book, Eat That Frog, and friends of mine and I would have frog eating sessions.

Now, I'm sharing this in our Simplify Week because what I find is that I can waste a lot of time doing lots of little bits and pieces and ignoring the big stuff that actually, if I just got that done, my whole life would feel so much simpler and more organised, and that constant chatter that I have about some jobs that just stay on the to-do list forever, once they're done, I would just feel totally different, so frog eating it is, you guys.

The thing about frogs is like eating a live frog, if you had to eat a live frog every day, would you want to sit there, and look at it all day, and get all churned up inside about it, or would you just be like, "I've got to eat this thing, and just down the hatch it goes, and we're done. Moving on?"

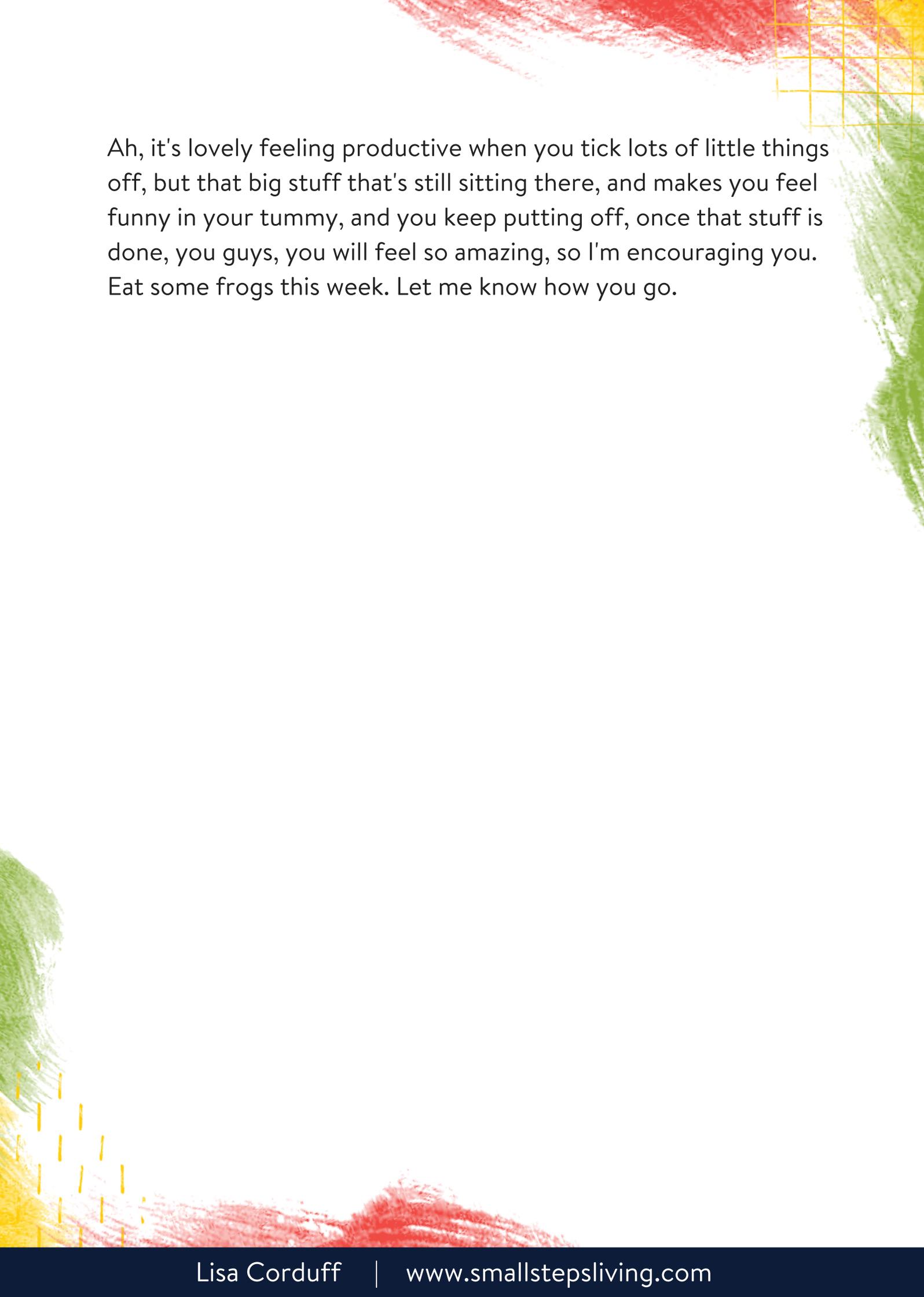


Think about that concept, and think about how we can hold on to the things that we really need to do for a really long time and distract ourselves with our stuff when really, there's just a big hairy frog that needs to be eaten. Let's get it done, and then our brains are cleared to do the cool stuff, the fun stuff.

I encourage you to think about your frogs this week. Think about them. Get clear on the big hairy frogs that just need to go, that need to get off the list, and then what you can do is use our Facebook group as a space. Perhaps, find a friend and introduce this concept too. We used to do it in Facebook messages. A group of us would be like, "Okay. I'm declaring my frogs for today. I've got to do blah, blah, blah, and blah, and I can't come back until they're done," and everyone else would go, "Yes, I've got to do blah, blah, blah," and we couldn't join back into the conversation until those frogs were eaten.

The theory is that if you get the big hairy stuff out of the way, you are going to be a tonne more productive, and you will have found a way to train yourself to do the things you don't really want to do, but are very necessary. I hope this is making sense. Eat That Frog. It's the book, and it really helped me, as it says, stop procrastinating and get more done in less time. I wonder, what are your frogs, and what can you commit to eating this week? Today, maybe you give yourself an hour block to just eat some of the ugly frogs, and then report back, and see how you feel.

We can move through things a bit faster than we do them because often times, we're not focusing on the things that will really shift the needle for us.



Ah, it's lovely feeling productive when you tick lots of little things off, but that big stuff that's still sitting there, and makes you feel funny in your tummy, and you keep putting off, once that stuff is done, you guys, you will feel so amazing, so I'm encouraging you. Eat some frogs this week. Let me know how you go.