

Eat your frogs!



If the first thing you do in the morning is to eat a frog, you'll have the satisfaction of knowing that it's probably the worst thing you'll do all day.

Take this saying as a metaphor for tackling the most challenging task of your day - the one you are most likely to put off, but also probably the one that will have the greatest positive impact on your workload.

Stop procrastinating and eat that frog!

(From: "Eat That Frog!: 21 Great Ways to Stop Procrastinating and Get More Done in Less Time" by Brian Tracy)