



“Eat a live frog every morning, and nothing worse will happen to you the rest of the day.” – MARK TWAIN

TRANSLATION: If you have to eat a live frog, it’s best done first thing in the morning!

→ _____

“If you want to change the future, you must change what you’re doing in the present.” – MARK TWAIN

PROCRASTINATE: “To put off *intentionally* and *habitually*; to put off intentionally the doing of something that should be done.” [online]

THE EISENHOWER DECISION MATRIX – DWIGHT D. EISENHOWER

“I have two kinds of problems, the urgent and the important. The urgent are not important, and the important are never urgent.” – DDE

- 1 - Things you _____ to do, but actually _____ to do.
- 2 - Things you _____ to do and actually _____ to do.
- 3 - Things you _____ to do, but actually _____ to do.
- 4 - Things you _____ to do, and actually _____ to do.

→ The frog is the **things you _____ to do, but actually _____ to do.**

1 - Take _____

“Eating the frog isn’t easy. It’s choosing the important over the urgent.” – BATTERSON, 85

“You can’t just pray like it depends on God. You also have to work like it depends on you. If you want God to do the super, you’ve got to do the natural.” – BATTERSON, 69

“If you don’t define when and where you will eat the frog, it will never happen.” – BATTERSON, 87

“Almost anybody can accomplish almost anything if they work at it long enough, hard enough, and smart enough.” – BATTERSON, 91

⁴³ “When an evil spirit leaves a person, it goes into the desert, seeking rest but finding none. ⁴⁴ Then it says, ‘I will return to the person I came from.’ So it returns and finds its former home empty, swept, and in order. ⁴⁵ Then the spirit finds seven other spirits more evil than itself, and they all enter the person and live there. And so that person is worse off than before.” – MATT. 12:43-45

2 - Build a _____

“Consistency beats intensity seven days a week!” – BATTERSON, 70
“Listen, O Israel! The Lord is our God, the Lord alone. And you must love the Lord your God with all your heart, all your soul, and all your strength. And you must commit yourselves wholeheartedly ... Repeat them again and again ... Talk about them ... Tie them to your hands and wear them on your forehead as reminders ... Write them on the doorposts of your house and on your gates.” – DEUT. 6:4-9

→ Make your habit _____, _____, & _____

3 - Plan _____

“You don’t find time; you make time.” – BATTERSON, 72
“Winning the day isn’t about getting it right the first time. It’s about getting it right eventually.” – BATTERSON, 99
“People are always blaming their circumstances for what they are.” – GEORGE BERNARD SHAW

“The way you make circumstances is by making time for the habits that will create those circumstances. It’s called the ‘mundanity of excellence,’ and it’s all about eating the frog.” – BATTERSON, 99

- Habit _____ = break a bad habit by establishing a good habit
- Habit _____ = couple difficult habits with habits that come easy