



WEEKLY QUESTIONS - EAT THAT FROG

Week 1: Ch. 1-5

The questions below are intended to make you think about the material you are reading and how it applies to your own life, as well as where you can make changes. You can answer these questions on your blog, in a journal, or in our [Facebook group](#) – or all of the above! If you are behind, don't worry. All the information will be there for you to come back to at your own pace. No stress. No judgment. No guilt!

QUESTIONS:

1. On page 1, BT says that everyone is faced with too little time and too much to do. Which do you think hits you more – the amount of stuff on your list, or the lack of hours in the day? (These may seem like the same thing, but they're not. Loving everything on your list but don't have enough hours is very different from feeling like you're besieged by too many tasks you don't care about.)
2. On page 6, BT says that the three-step process of new habit formation is DECISION → DISCIPLINE → DETERMINATION. Which is your weakest area? Which is your strongest?
3. In Chapter 1, BT lays out a seven-step plan for tackling your goals. Which step seems most daunting? Where do you get stuck?
4. Chapter 2 is all about planning in advance. He goes so far as to say that 10 percent of time planning up front can save 90 percent of time in execution. Think back to an example of a time where failure to plan caused issues in execution. What kept you from planning effectively?
5. In Chapter 3, BT talks about the problem with focusing on ACTIVITIES vs. ACCOMPLISHMENTS. We can appear very busy with little actual accomplished. What are your danger areas for activity – or “busywork?” Social media, rearranging your desktop, editing and re-editing files...? Make a list of these items. They are your black holes!
6. In Chapter 4, BT discusses the amount of time dedicated to low-priority vs. high-priority activities. When you look at your to-do list, do you start with the easiest or quickest or most enjoyable tasks first? If so, do you run out of time for the important stuff? How

does this affect your life?

7. In Chapter 5, BT says, "You can get your time and your life under control only to the degree to which you discontinue lower-value activities." What lower-value activities do you need to control/discontinue? Why have you continued to do them? (Obligation, habit, fear...?)
8. From this section of the book, what is your biggest takeaway? How will you apply it to your life?

Summary:

- Determine what you want from life.
- Determine what activities contribute to those goals. These are your priorities.
- Discontinue/minimize those activities which do not directly contribute to the accomplishment of these goals. Stop majoring in the minors!

IT ALL STARTS WITH FIGURING OUT WHAT YOU WANT!
And NO ONE can do that but you.