



## WEEKLY QUESTIONS - EAT THAT FROG

### Week 3: Ch. 11-17

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. Ch. 11 asks what YOU need to learn to be more productive in your key actions. From kitchen to cleaning house to typing to HTML coding, what hard or soft skills would help you be more effective in your daily life?
2. Are you clear on your special areas of giftedness (Ch. 12)? What do people compliment you on? What is so easy that it's hard to believe it's a skill? What items on your to-do list do you receive the most satisfaction from? These are all clues to your unique capabilities, interests, skills, and passions.
3. I've discovered that our "limiting factor" (Ch. 13) is typically ourselves. In what ways are you limiting yourself? What can you do to take away those limits?
4. "The world is full of people who are waiting for someone to come along and motivate them to be the kind of people they wish they could be. The problem is that no one is coming to the rescue." (BT, p. 76) Are you waiting for someone to save you?
5. Self-esteem comes from within, not from without, and from actions, not from positive thinking alone. In what areas do you feel like your "reputation with yourself," as BT calls it, is not as high as it could be? How have you let yourself down in the past?
6. In Ch. 15, BT encourages us to manage our energy, not just our time. When in your day are you at your best? Have you tried other times of the day? Has your "productive" time shifted through the years? (Many morning people find themselves staying up late once they have kids, for the simple reason that the late hours are the only ones when the kids aren't awake.)
7. Look at your daily schedule and tasks and ask yourself what brings you energy, and

what saps your energy. What one simple thing can you do to increase your energy this week?

8. Do you consider yourself an optimist or a pessimist? Have you always been that way? What's keeping you from being more positive in your outlook?
9. From this section of the book, what is your biggest takeaway? How will you apply it to your life?

**Summary:**

- We must own our stories before we can own our schedules. We may not be able to control everything, but we CAN control our attitudes.
- We each have areas where we're gifted. It is within these areas that our special contributions can be found. Even if we are "good" in these areas, we must invest in expanding our capabilities and our knowledge.
- Energy management is even more important than time management.

EVERYTHING IS ENERGY. ACKNOWLEDGE IT AND PUT IT TO WORK FOR YOU.