



## WEEKLY QUESTIONS - EAT THAT FROG

### Week 2: Ch. 6-10

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. Chapter 6 is about ranking what you need to get done. Does this idea seem like it might work for you? Do you find that you set your priorities but “life” has other ideas? What is attractive about this idea, and what objections are arising to being this structured? (Sometimes objections are simply our inner two-year-old saying, “NO!”)
2. I love the idea of “key results” in Chapter 7. Even if you are self-employed, a stay-at-home mom, or a student without a “boss,” spend some time thinking about what your key results are. If you were getting a salary, what would you be paid to do? What would your boss evaluate you on? Why are you “on the payroll?”
3. Another powerful question in Ch. 7 is “What one skill, if I developed and did it in an excellent fashion, would have the greatest positive impact on my career?” Answer this question for the key areas of your life (relationships, finances, career, physical health). Can you commit to making some strides in these areas?
4. Procrastination is perfectionism, which is rooted in fear. Where do you tend to procrastinate? Is it around certain tasks or areas of your life?
5. Have you figured out your life goals? In Ch. 8, BT asks you to list your top three goals in each of seven areas (p. 51). Give it a try in 30 seconds or less for each category.
6. For each of your top goals, what are the top three tasks that contribute to your ability to excel?
7. We often hesitate in moving forward on plans, projects, or dreams because we cannot see the whole path in front of us. BT says, “Your job is to go as far as you can see.” What are you putting off because you cannot see the whole path? Is seeing “the next

oil barrel” enough? What would you need to be assured of to be able to take that first step?

8. From this section of the book, what is your biggest takeaway? How will you apply it to your life?

**Summary:**

- We need to become intentional – intentional in setting our life goals, intentional in setting our daily to-dos, intentional at becoming better in the areas of our life that will bring the most return on investment.
- Procrastination is perfectionism, which is rooted in fear.
- We do not need to see the whole path to simply take the next right step.

SMALL STEPS IN THE RIGHT DIRECTION GET YOU TO YOUR DESTINATION.