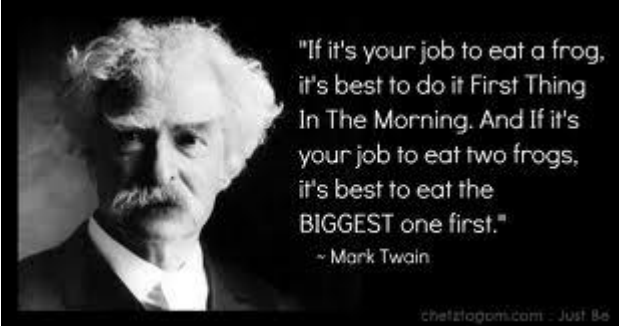
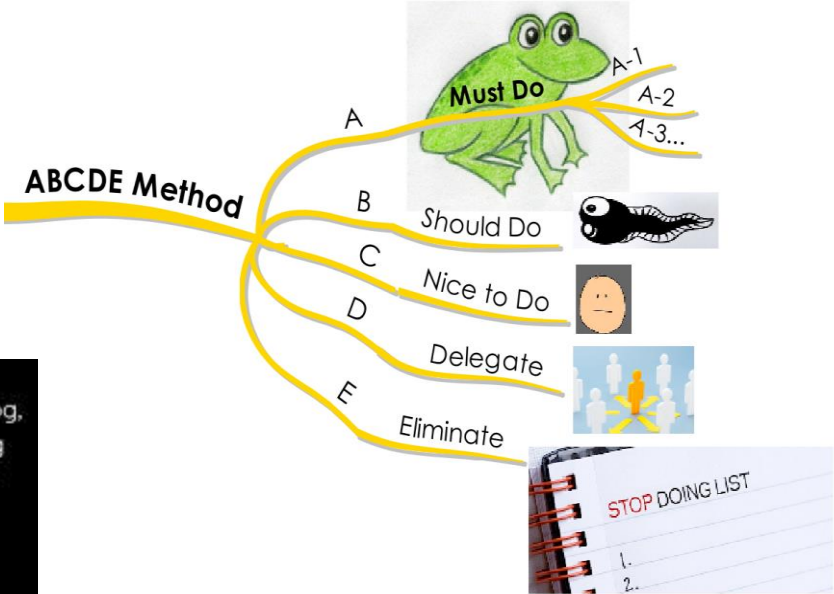


Eat that FROG!

<https://www.youtube.com/watch?v=FKOMTZ7PPLg> Eat that Frog and ABCDE method 5 min Brian Tracy

<http://www.youtube.com/watch?v=0W7GB5Fh2XM> (ending 2 minute reminder)



My ABCDE list (at least my A and B lists 😊)

A large, blank page from a lined notebook, oriented vertically. It has a red margin line on the left and horizontal blue lines for writing.

Develop discipline and Delete distractions

