

Clarity4Action  
**DECISION CLUB**

with Decision Coach Amy Day



## WHAT IS A FROG?

Mark Twain once said, "Eat a live frog first thing in the morning and it will be the worst thing you do all day." In life, frogs can be those icky things you don't feel like doing. You might say to yourself, I'm really stressed out, I hate things like this, or I'm no good at it. Taking action is an important part of decision making and a place we can get stuck.

## RECIPE FOR EATING A FROG

1. What Frog do I want to eat? Get connected to, "What decision is this connected to?" and "Why does it matter to me?"
2. Recognize, "What's getting in my way?" (Feelings, Cognitive Biases, self-doubt, etc.)
3. Reflect, "How much of my energy is going into NOT doing it?"

My recipe notes...

# RECIPE EATING A FROG

4. Look around you, "Who can support me in getting it done?" (Do I need a cheerleader, accountability partner, someone with expert advice, a supporter?)
5. If it feels overwhelming, make the frog smaller. "What is my NEXT physical step?" (You could be trying to swallow a frog that's too big!)
6. Hold yourself accountable. "What is the date and time I'll have it done?"



My recipe notes...



*No frogs were harmed during the creation of this lesson.*