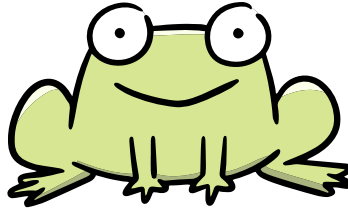


The Minimal Mom
Frog Planner

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

- Mark Twain



How to eat a frog

1. IDENTIFY THE FROG

Decipher: *"What is the hardest, most important task on my list?"*

Can you eat the WHOLE frog today? Or complete a portion of it?

2. EAT THE FROG.

Do your most important task first thing in the morning. Don't allow yourself to put it off.

3. REPEAT EACH MORNING

You'll be amazed at how quickly this becomes habit, but most importantly, how good you feel about YOURSELF! This habit creates confidence, motivation & momentum!

PRETTY SOON YOU'LL BE SAYING: *"I eat frogs for breakfast!"*




BRAIN DUMP

[Yellow highlighted box for topic]

[Yellow highlighted box for topic]

[Yellow highlighted box for topic]

[Yellow highlighted box for topic]

Decluttering for your mind! 

[Yellow highlight box]

[Yellow highlight box]

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HABIT TRACKER

MONTH OF

HABIT:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

GOAL:

DONE:

REWARD:

HABIT:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

GOAL:

DONE:

REWARD:

HABIT:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

GOAL:

DONE:

REWARD:

HABIT:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

GOAL:

DONE:

REWARD: