

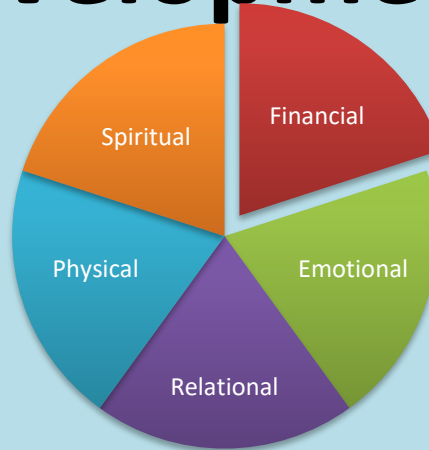
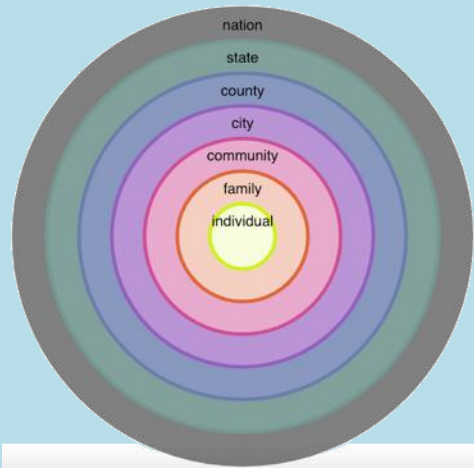
December 10<sup>th</sup>, 2025

# Eat The Frog First!

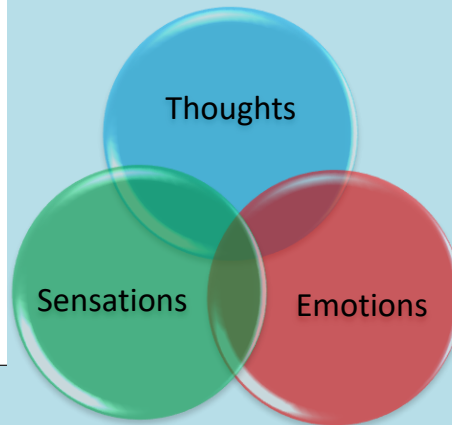


**Rhoads Life Coaching**

# Growth & Development



**INTERNAL** V **EXTERNAL**



**Rhoads Life Coaching**

# Introduction

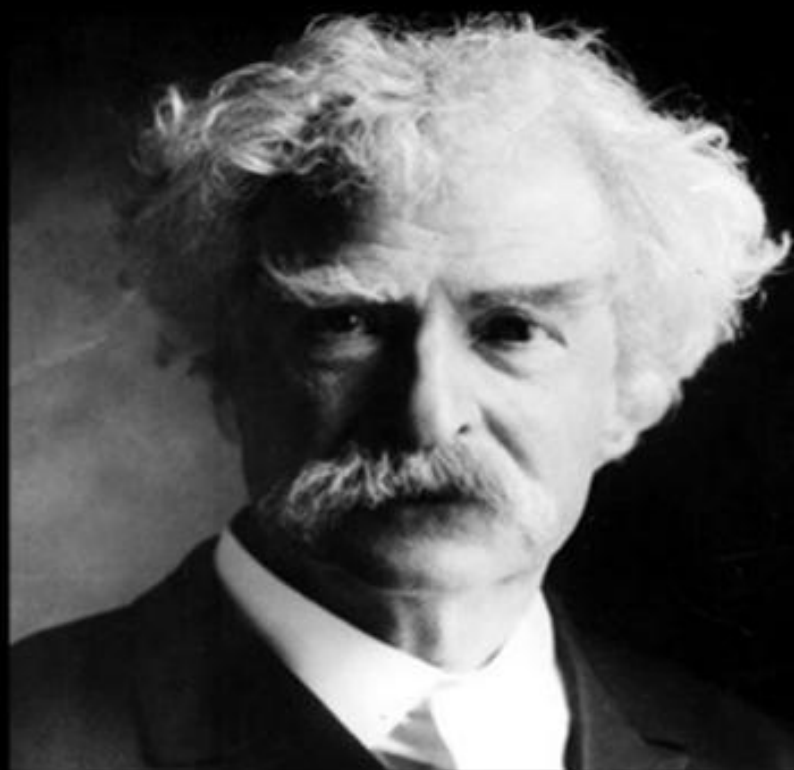
- Who are you?
- Tell me something good?
- What part of searching for a job do you hate the most (why)?



“  
**Eat a live frog first  
thing in the morning,**  
and nothing worse will  
happen to you the  
rest of the day.

”  
– Mark Twain





"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

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**What happens when you avoid  
eating the frog?**



# What are the benefits of taking Twain's advice?



**INTERNATIONAL BESTSELLER**  
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# EAT THAT FROG!

21 GREAT WAYS TO  
**STOP PROCRASTINATING**  
AND GET MORE DONE IN LESS TIME



**THIRD  
EDITION**

*Updated with Two  
New Chapters*

**BRIAN TRACY**



**SO... What frogs do you have to  
face during transition?**



# What prevents you from tackling these tasks?

Never ever give up!



**List three frogs you avoid in your  
job search**

**What is the reward for doing them  
first?**

**What sauce will help wash  
them down?**

**How will you hold yourself  
accountable?**

# Homework

**Write out specific goals of how you are going to eat your frogs.**

**When will you finish each?**

**What will be the reward for eating them?**







# Questions? Comments? Snide Remarks?



**Rhoads Life Coaching**

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