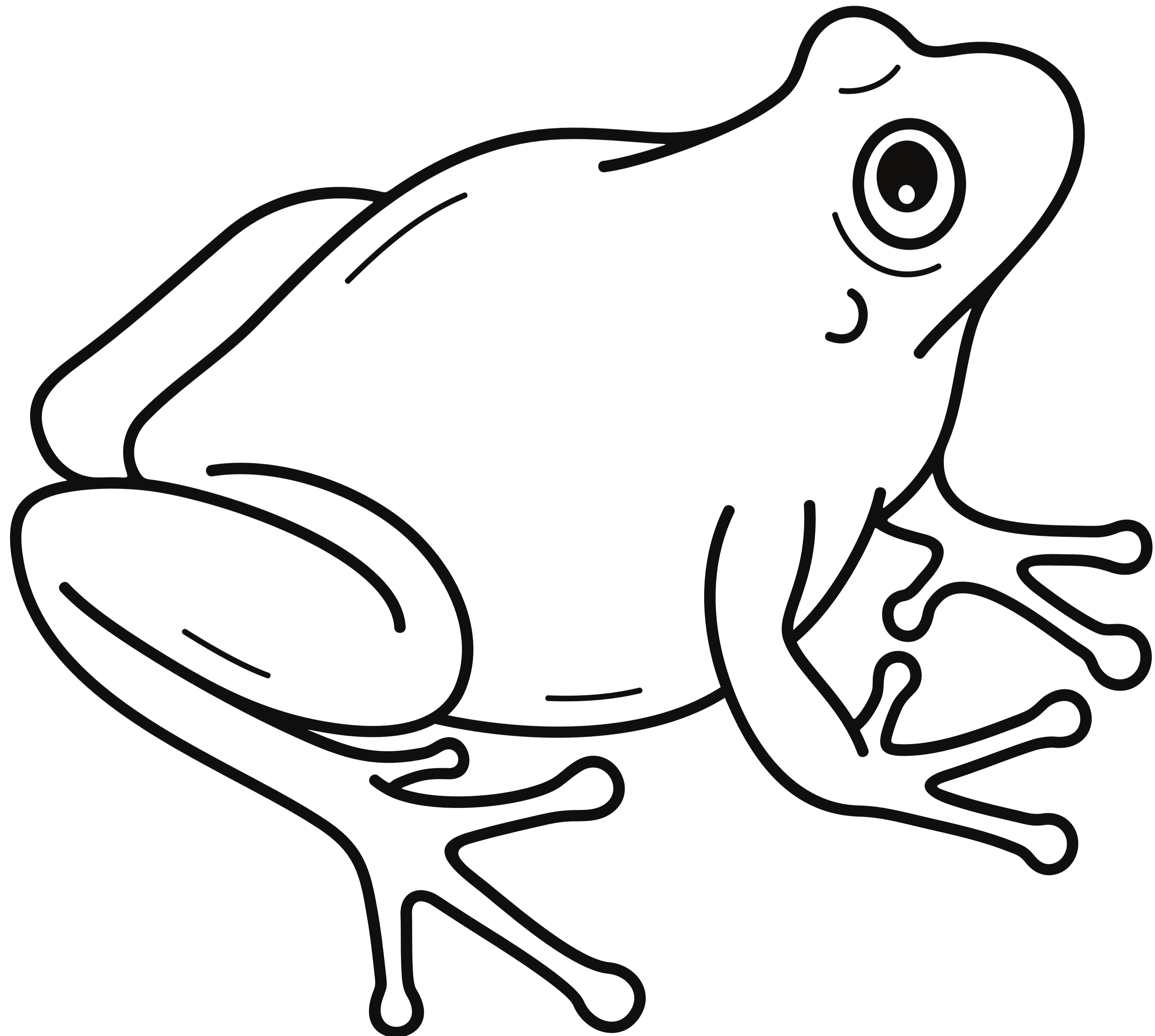
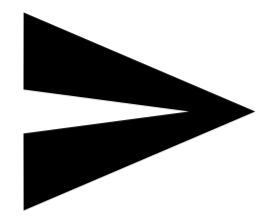


Eat The

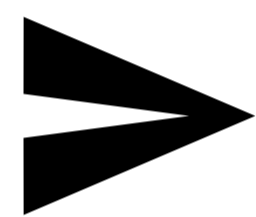
Frog



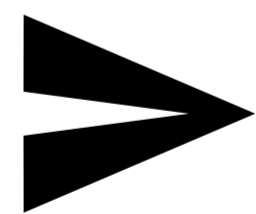
Action Plan



What steps are you going to take to make sure you complete this task?

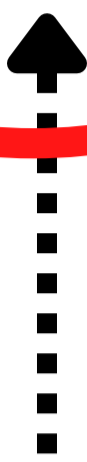
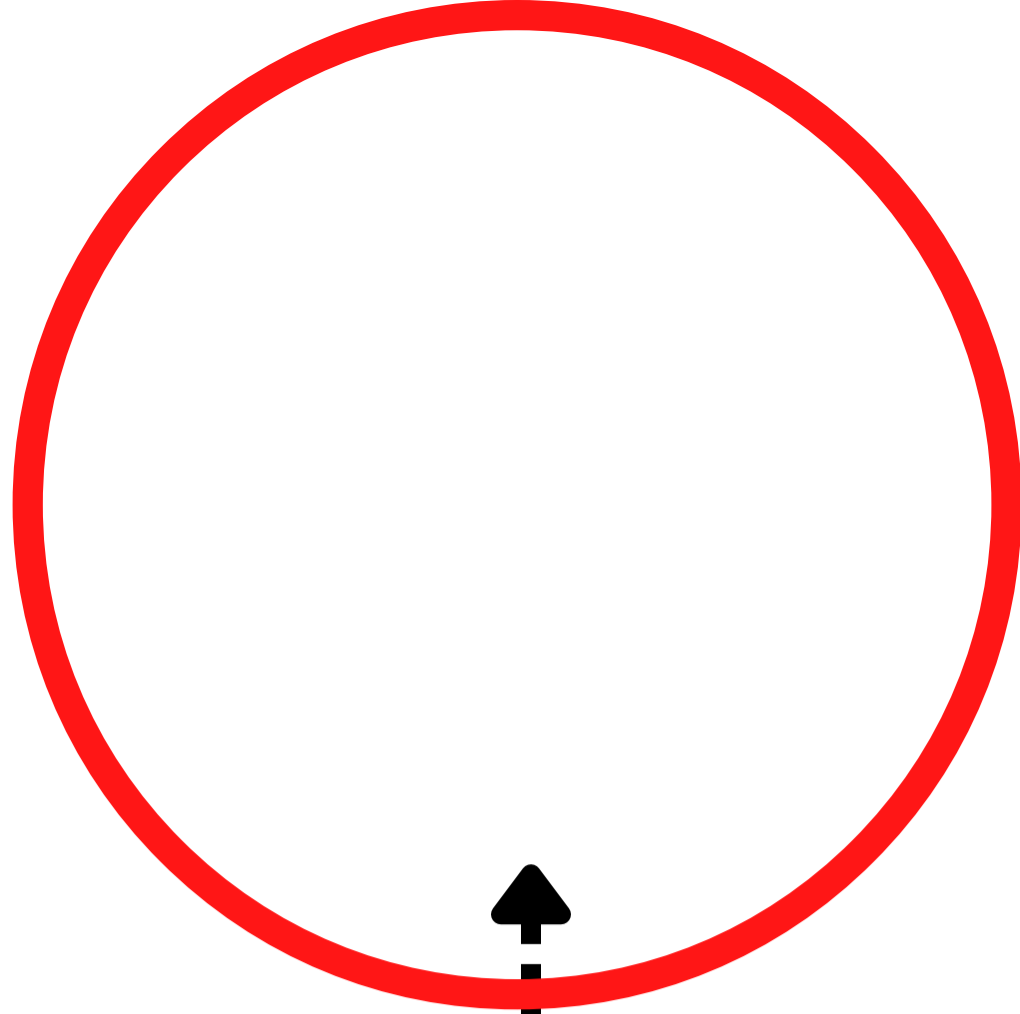


Why is it important for you to complete this task?

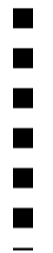


On a scale of 1 - 10
how difficult is this task?

1 2 3 4 5 6 7 8 9 10

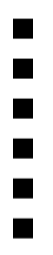


How do
you feel?

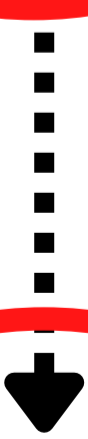
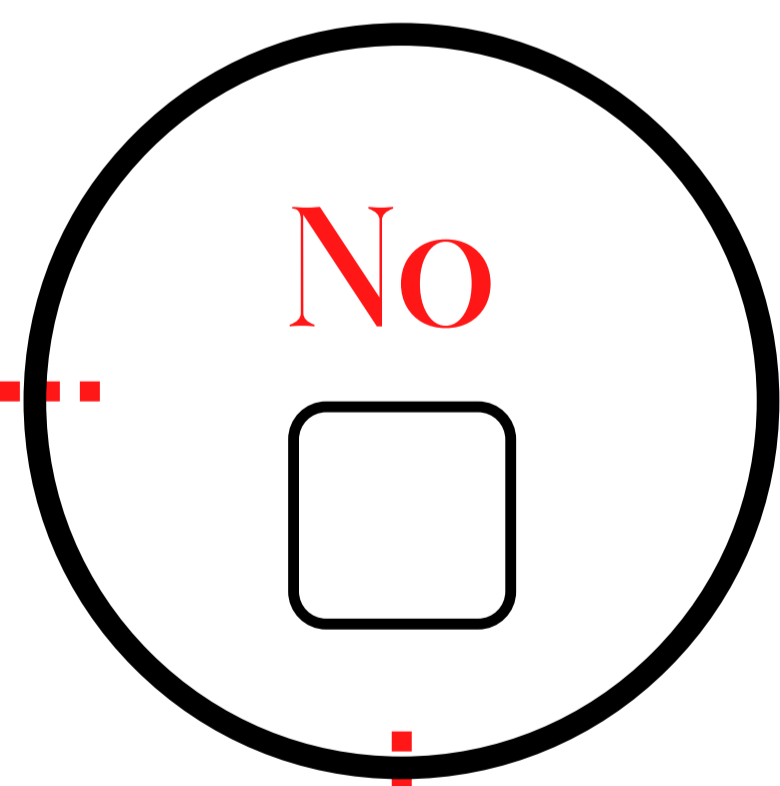
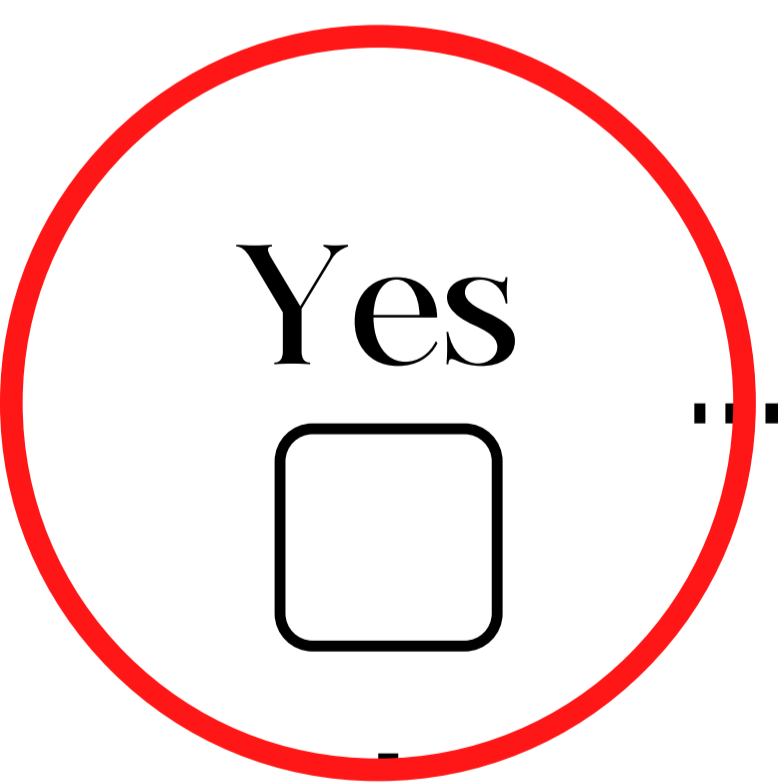


CHECK

IN



Did you
complete it?



Reward
Yourself !

Try Again
Tomorrow