

**APSU Writing Center**  
The "Eat the Frog" Technique

**What is "Eating the Frog"?**

- "Eating the frog" means tackling your most dreaded or challenging task first. Once you complete it, the rest of your tasks will feel easier, and you'll maintain a positive, productive mindset throughout the day.

**Why Use This Technique?**

- Helps overcome procrastination
- Builds momentum for the rest of the day
- Increases focus and productivity
- Reduces stress by getting the hardest part done first

**Prepping for Success**

- Think of this as meal prep for your frog! Set yourself up for success by:
  - Reviewing your task list and identifying your frog for the next day
  - Removing distractions (clear your workspace, prep materials)
  - Getting a good night's sleep and setting a productive morning routine
  - Considering a short warm-up task before diving into your frog

**How to Apply "Eat the Frog" to Writing**

- **Find Your Frog**
  - Identify your most important or difficult writing task. Ask yourself:
    - What writing task am I most tempted to avoid?
    - What will have the biggest impact if I complete it first?
- **Eat It First**
  - Start writing before distractions take over. No emails, no scrolling!
  - Set a timer (25–60 minutes) and commit to focused writing.
  - Don't strive for perfection—just get words on the page.
- **Break It Down & Reward Yourself**
  - If it feels overwhelming, break it into smaller steps.
  - After completing it, reward yourself with a break, coffee, or something enjoyable.
  - Celebrate your progress to stay motivated!

**Writing Example**

- Imagine you have a 5-page research paper due next week. Instead of procrastinating, identify your frog—perhaps writing the thesis statement or outlining your main arguments. Tackle that first thing, and the rest of the paper will feel much more manageable!



## APSU Writing Center References

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