

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 it’s complete, the rest of your tasks feel easier, and you maintain a productive, positive mindset throughout the day.

Why Use This Technique?

- Overcomes procrastination
- Builds momentum for the rest of the day
- Increases focus and productivity
- Reduces stress by completing the hardest task first

Prepping for Success

- Think of this as “meal prep” for your frog:
 - Review your task list and identify your frog for the next day.
 - Remove distractions by clearing your workspace.
 - Get sleep and set a productive morning routine.
 - Consider a short warm-up task before tackling the 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 completed first?

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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 perfect punctuation or word choice first, just get words on the page.

Break It Down & Reward Yourself

- If the task feels overwhelming, divide it into smaller steps.
- Reward yourself after completing it. Take a break, enjoy coffee, or do something fun.
- Celebrate progress to stay motivated.

Writing Example

- If you have a 5-page research paper due next week, your frog could be writing the thesis statement or outlining main arguments. Tackle that first, and the rest of the paper will feel much more manageable.

Helpful Tips

- Combine with the Pomodoro Technique sessions for timed focus.
- Start with a smaller frog (task) if the biggest task is overwhelming.



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References

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