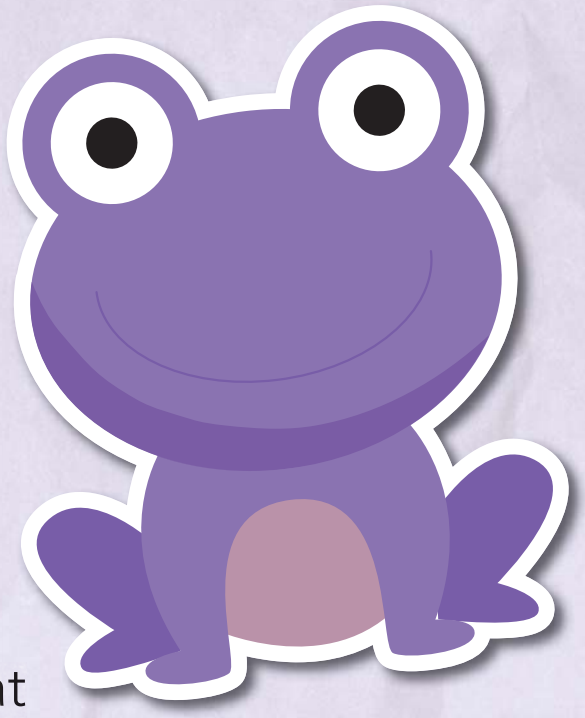
Eat that frog...

Mark Twain famously said *'Eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day.'*



Well, I don't recommend you really eat a frog every morning for breakfast but doing something you keep putting off first thing is a great way to feel like a 'Can Do Kid'

Your 'frog' is your worst task, and you should do it first thing in the morning because it gets it out of the way and you can stop worrying about it.

I guarantee that you'll feel FANTASTIC for the rest of the day!

Borrow this **'Cup of Courage'**