

# Eat The Frog Assistant

A way to plan you day more efficiently

# The Frog

Attributed to Mark Twain the famous quote “If you eat a frog in the morning, you can be pretty sure that's the worst thing you will do that day”

The concept of getting the most complicated or psychologically pressing matter out of the way first thing in the morning is a powerful one. The theory is that this will give momentum for all other tasks during your day. Our assistant will help you with this. It will also help you prioritize your other tasks in a “froggy” manner.

Please try it out: <https://chat.openai.com/g/g-ksDdRdsLv-eat-the-frog>