

My Best Frog Recipe

- A **POSITIVE MIND** (Mixing Bowl)
- A measured, **INSPIRING GOAL** (1 cup Salt)
- 2 cups of **ACTIVITIES** (Flour)
- 3 teaspoons of **DEADLINES** (Lemon Juice)
- 3 teaspoons of **PERSISTENCE** (Green Colouring)
- A dose of **REALITY** (1 cup Water)

Directions

1. Put your **INSPIRING GOALS** and the **ACTIVITIES** required to complete your goal into a **POSITIVE MIND**.
2. Stir until completely mixed.
3. Add some precise **DEADLINES** (day and month and year)
4. Sprinkle your **PERSISTENCE** all over the mixture in your positive mind.
5. Gradually add the **REALITY** and mix until it forms a **PLAN**.
6. Decide on your ugliest **FROG** (your biggest most important task).
7. Create a **FROG** with the ball of dough .
8. Place on baking tray.
9. Bake for 3-4 hours at 120° C / 250° F / Gas Mark 1-2 until **SET** all over.