

Pomodoro Technique

Use the popular Pomodoro time management method to banish distractions and power through your work! Here's how.



Identify the task

1



Set the timer for 25 minutes or one pomodoro

2



Track your progress

4



Work on the task without distractions. (Turn off the phone!)

3



Take a 5-minute break, then move onto the next task

5



After four pomodoros, take a long break. You deserve it!

6

Did you know?

The Pomodoro method comes from the Italian word for tomato. The creator, Francesco Cirillo, was inspired by a tomato-shaped timer he used to track his progress on tasks!