Pomodoro Technique



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



Identify the task





Set the timer for 25 minutes or one pomodoro



Track your progress

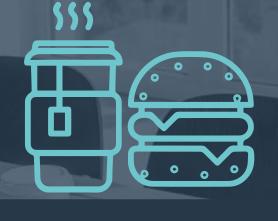


Work on the task without distractions. (Turn off the phone!)



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





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

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!