

the

Pomodoro

TECHNIQUE

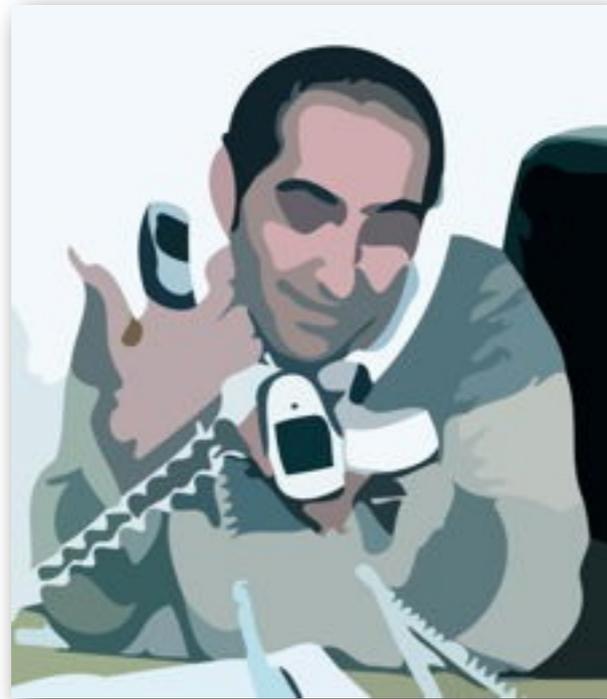
Problem: How to manage your time?



Estimating



Concentration



Multi-tasking



Interruptions

Five simple steps

- 1. Choose a task to be accomplished**
- 2. Set the Pomodoro to 25 minutes**
- 3. Work on the task until the Pomodoro rings, then put a check on your sheet of paper**
- 4. Take a short break (5 minutes is OK)**
- 5. Every 4 Pomodoros take a longer break**



Goals & Gears



<http://erichudon.ca/post/327287294/my-pomodoro-technique-mindmap>