The Pomodoro Technique

Of Writing

Goals

What is the Pomodoro Technique?

What are some best practices?

1. Decide on the task to be done.
2. Set the Pomodoro timer (25’).
3. Work on the task.
4. End work when the timer rings.
5. Take a 5’ break.
6. Repeat steps 2-4.
7. Take a 15-30’ break.

Seven Steps

- Physical Timer
- Computer Timer
- Phone App

Timer options

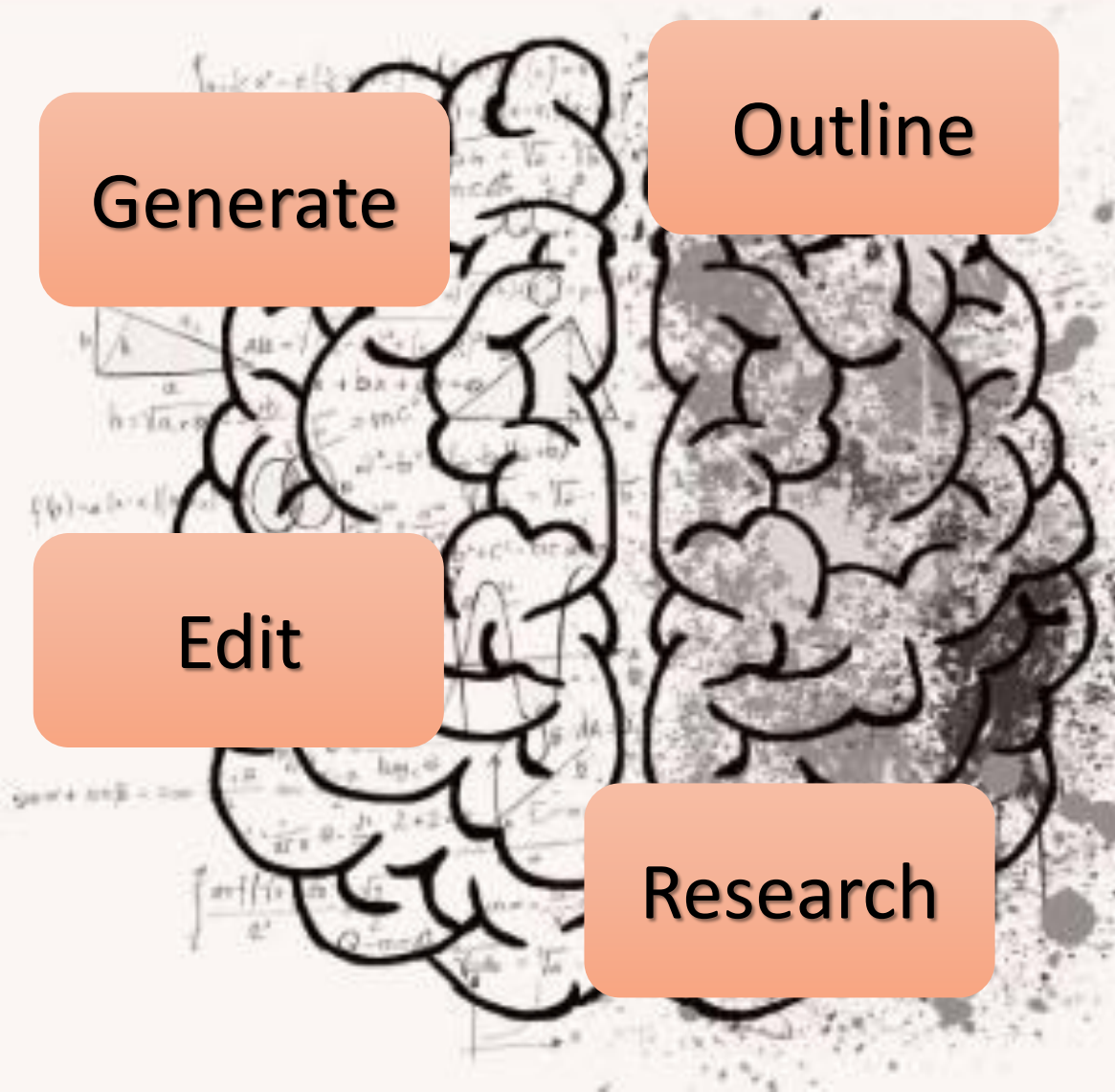
Best Practice #1

SAME PLACE, SAME TIME TOMORROW

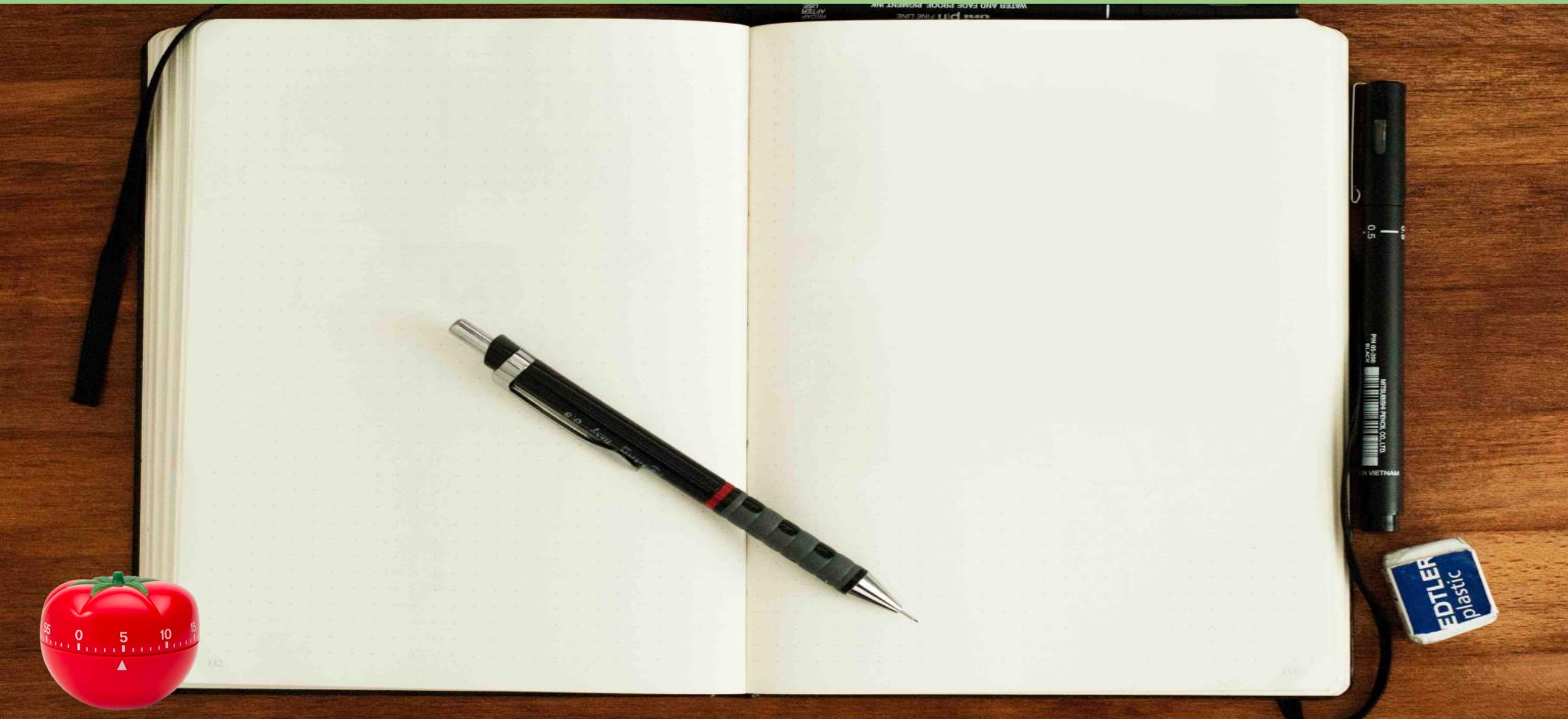
Best Practice #2

Best Practice #3

OUR BRAINS ARE DESIGNED TO FOCUS ON ONE THING AT A TIME.

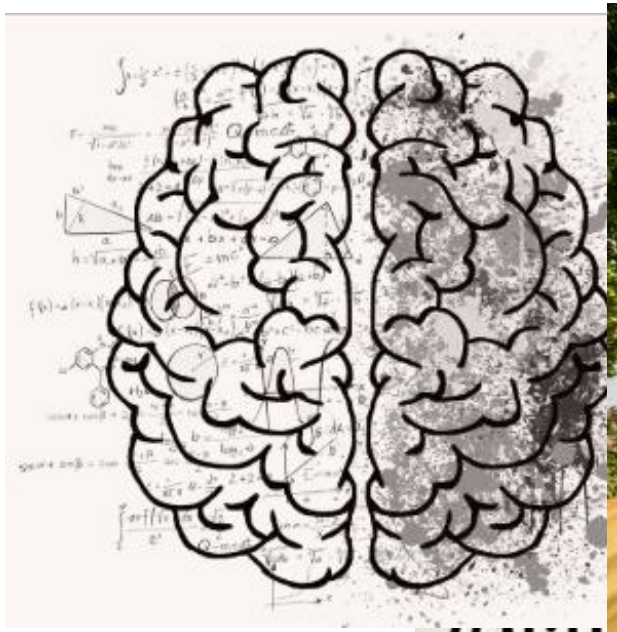
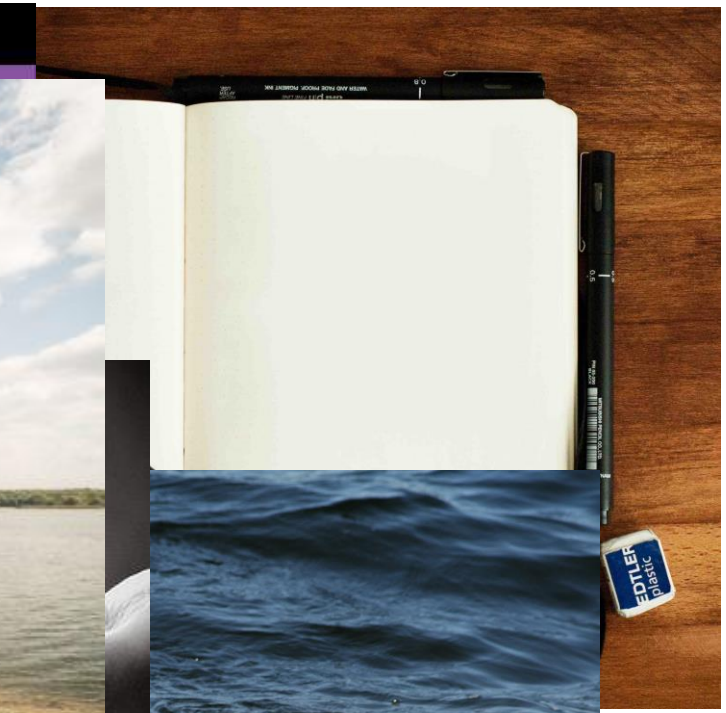
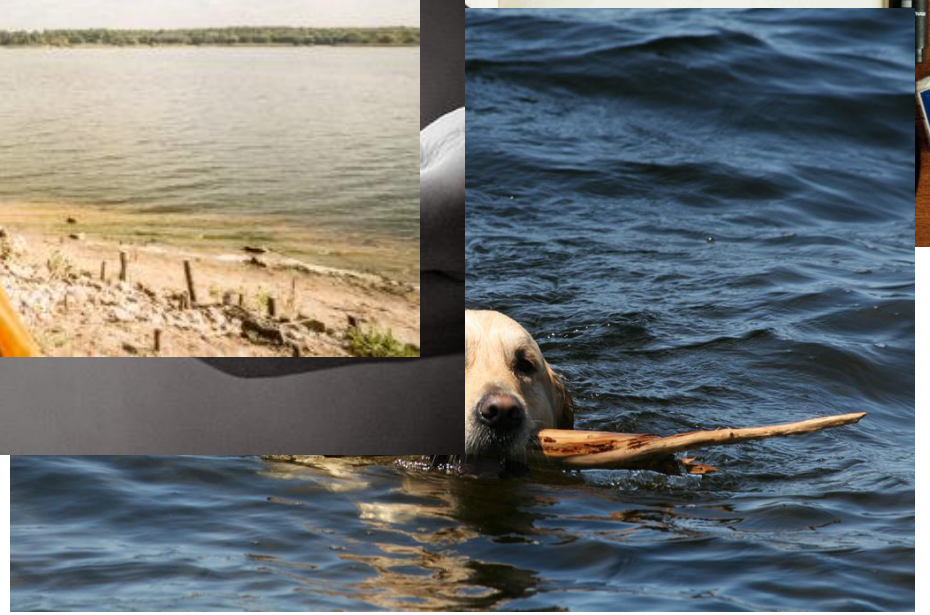


Best Practice #4



Best Practice #5

Best Practice #6

Best Practice #7

Summary