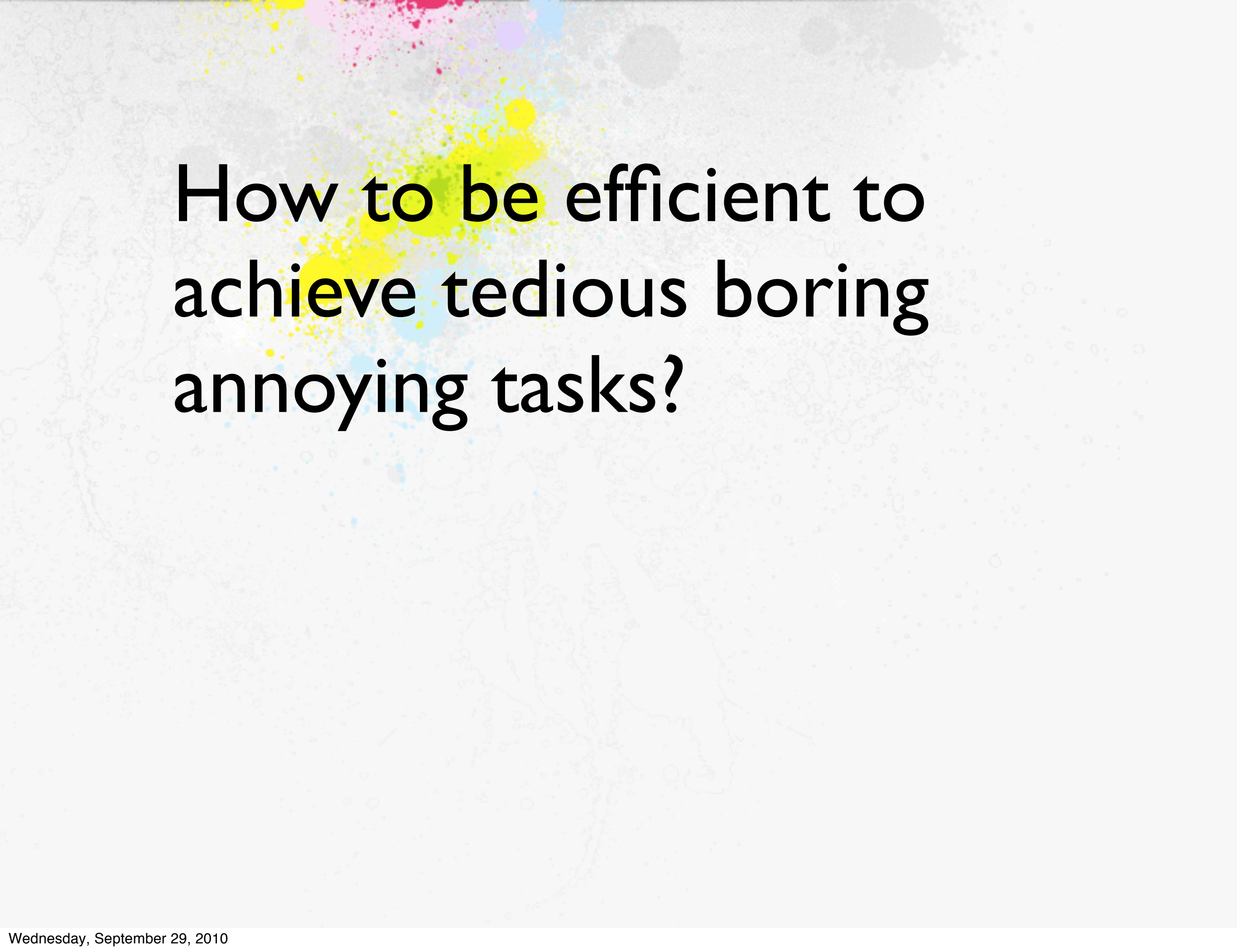


A glimpse at Pomodoro

Stéphane Ducasse

Freely inspired from Francesco Cirillo a Smalltalker!

The background features a light gray map of the United States with a faint, textured appearance. Overlaid on the map are various colorful splatters and dots in shades of yellow, blue, pink, and purple, primarily concentrated in the upper left and center areas.

**How to be efficient to
achieve tedious boring
annoying tasks?**

Agenda, todos, lists...

Still you want to clean now the kitchen instead of doing that boring report!

the world is attractive...

RSS feed

Tweets

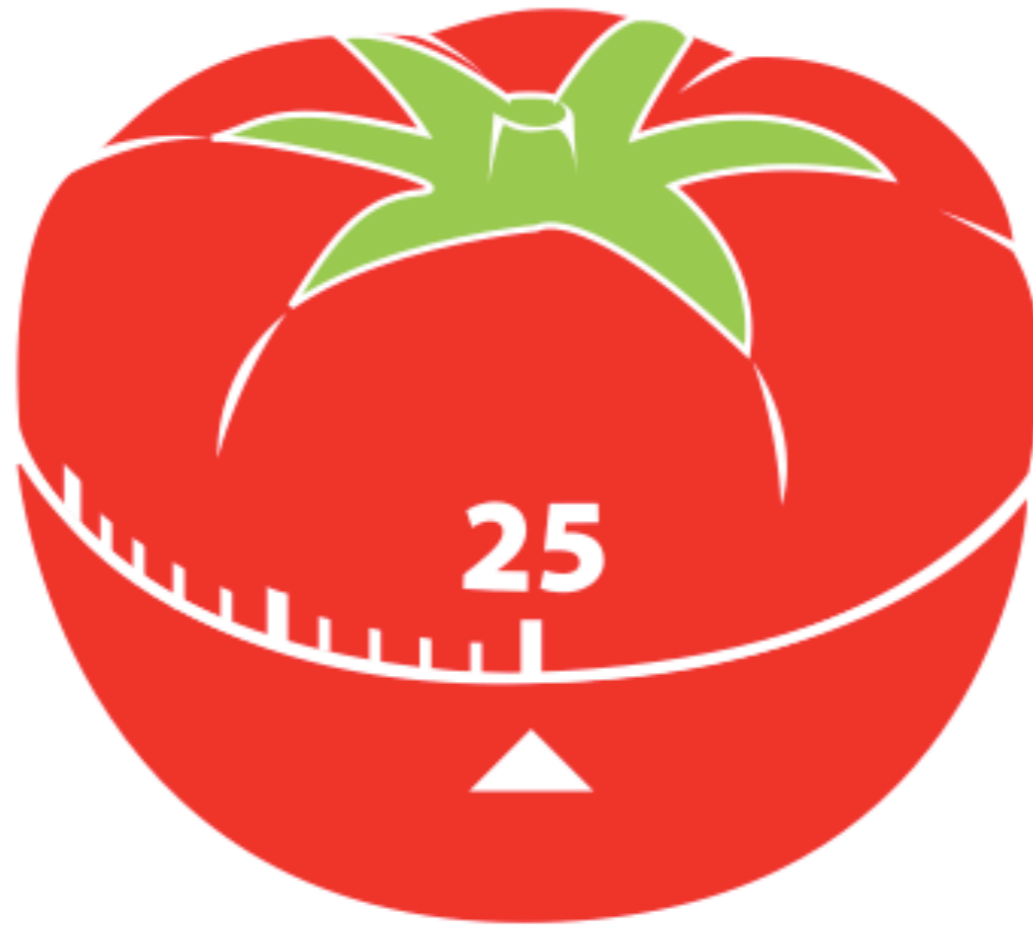
Your mails

Chat

YouTube

Everything is more fun than this report!!!





the

Pomodora

TECHNIQUE


Principle

Choose a task

Set the time for 25 minutes

Work on that task ***exclusively*** WITHOUT
stopping

When time is up, 3 min stop

The background features a light gray, textured surface with various colorful splatters in shades of yellow, blue, pink, and purple. Faint, light-colored sketches of a hand and a face are visible in the lower half of the image.

Every pomodoro that is interrupted is not valid
Every four pomodoro take a longer break

Patterns

One or two before anything else to get some long job getting done.

Sticker on the screen as a flag.

Learn how you fail and repeat.

Benefits

Train yourself to get focused

Control multitasking

Control interruption

Resources

<http://www.pomodorotechnique.com/>