

# THE POMODORO TECHNIQUE

INCREASE YOUR FOCUS.  
ACOMPLISH YOUR DAILY TO-DO'S.  
TAKE BACK YOUR TIME.

25  
MIN.

WORK FOR 25 MIUNTES  
WITH ZERO  
DISTRACTIONS ON THE  
TASK AT HAND.

5  
MIN.

TAKE A SHORT BREAK AND  
THEN RETURN TO YOUR TASK  
FOR ANOTHER 25MINUTES.

20  
MIN.

AFTER 4 SESSIONS,  
TAKE A LONGER 20  
MINUTE BREAK  
BEFORE YOU RETURN.

## IMPORTANT FOR SUCCESS



ONE TASK AT  
A TIME



NO  
DISTRACTIONS



BE  
ACCOUNTABLE

## USE IT FOR:



STUDYING



READING



PAPERS



PROJECTS