



POMODORO TECHNIQUE



Simple
&
effective!

Productivity hack!

WHAT IS POMODORO?

Pomodoro is the technique to boost work or study productivity by using timer.

'Pomodoro' means tomato in Italian.



HOW POMODORO WAS STARTED?

This technique was introduced by a software industry entrepreneur **Francesco Cirillo** in the late 1980s when he was a university student. Struggling with homework and assignments made him challenge himself to focus for 10 minutes for one task.

He found a kitchen timer in a shape of a tomato, hence the Pomodoro Technique was born.



METHODS OF POMODORO



START

Pick ONE task you want to focus on



Set a timer for 25 minutes



Focus on work in the time limit



Take a break for 5 minutes



After 4 cycle, take a longer break for 15-30 minutes

STRETCHING

EYE MASSAGE



**WHAT YOU CAN
DO DURING THE
BREAK?**



TAKE A WALK

PLAY WITH PET

★ YOU NEED POMODORO IF...

Small distraction can distract you from your initial goal.



You have so much open-ended tasks with no specific time to finish.

You easily lost direction in finishing too much tasks.



HOW EFFECTIVE IS POMODORO TECHNIQUE?

A study by Alejandro Lleras from University of Illinois explained that mind can tune out after consistently working on long project. Therefore, it is best to take break between tasks to help you stay focus.

The second study by John Eastwood found that working for long hour cause boredom.

A bored person wants to connect with the environment. The break between Pomodoro allow you to reconnect with your surrounding to recharge.



POMODORO WILL HELP YOU LEARN...

- The value of your time.
- How the quuality and quantity of work can be improved.
- How to manage people's expectation, including your own!
- How you can gain benefit from exercising your willpower.
- How you can stop fighting the clock.
- The best method to eradicate burnout.



**HIDDEN
BENEFITS OF
POMODORO
TECHNIQUE**

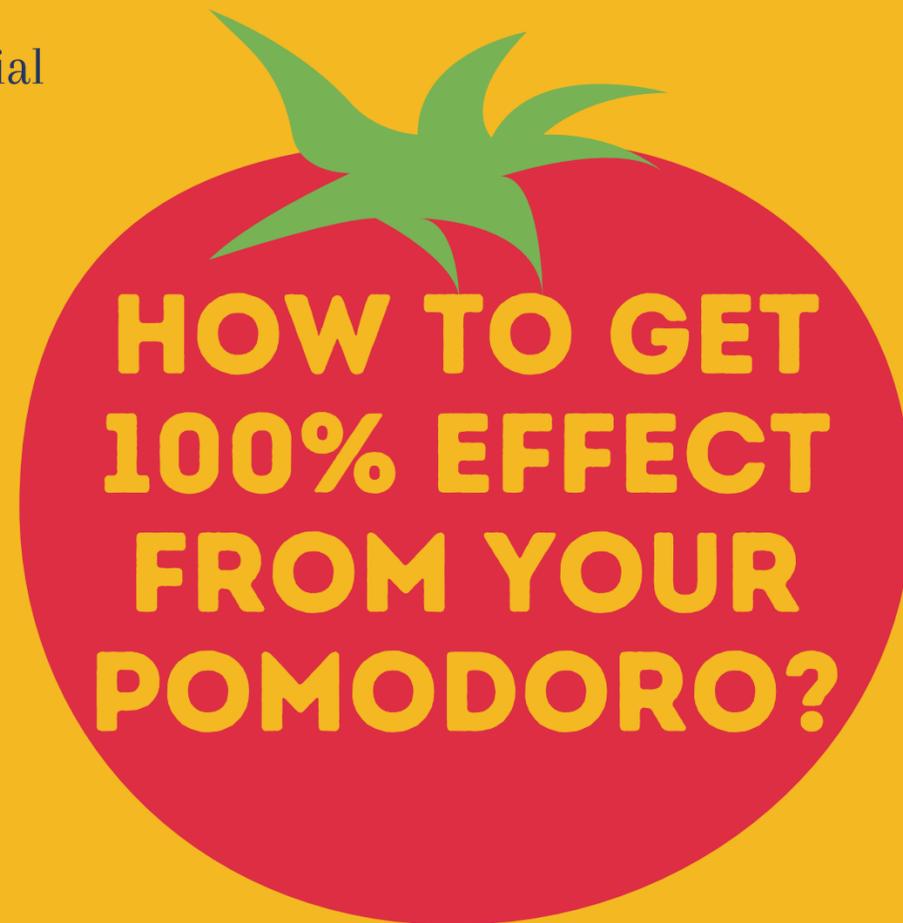
1) Eliminate distraction

You may keep your phone off or in silent mode to avoid checking every message.

It is also recommended to use social media blocker to help you focus.

3) A clear goal

You can work better when you know what must be done. Make a detailed and realistic task plan to keep yourself in the right direction.



2) Conducive environment

Your environment plays a big role in keeping you focused.

Other than studying alone, the library would be the best place to study.

4) Be ready

Prepare with anything you need around you to avoid leaving your table and moving too much.

5) Inform

If needed, you may inform people that you cannot be disturbed at that time.

MODIFICATION TIPS:

The timing can be changed according to your preferences.

You may extend the time to

30 / 40 MINUTES

or even shorten it to

10 / 20 MINUTES

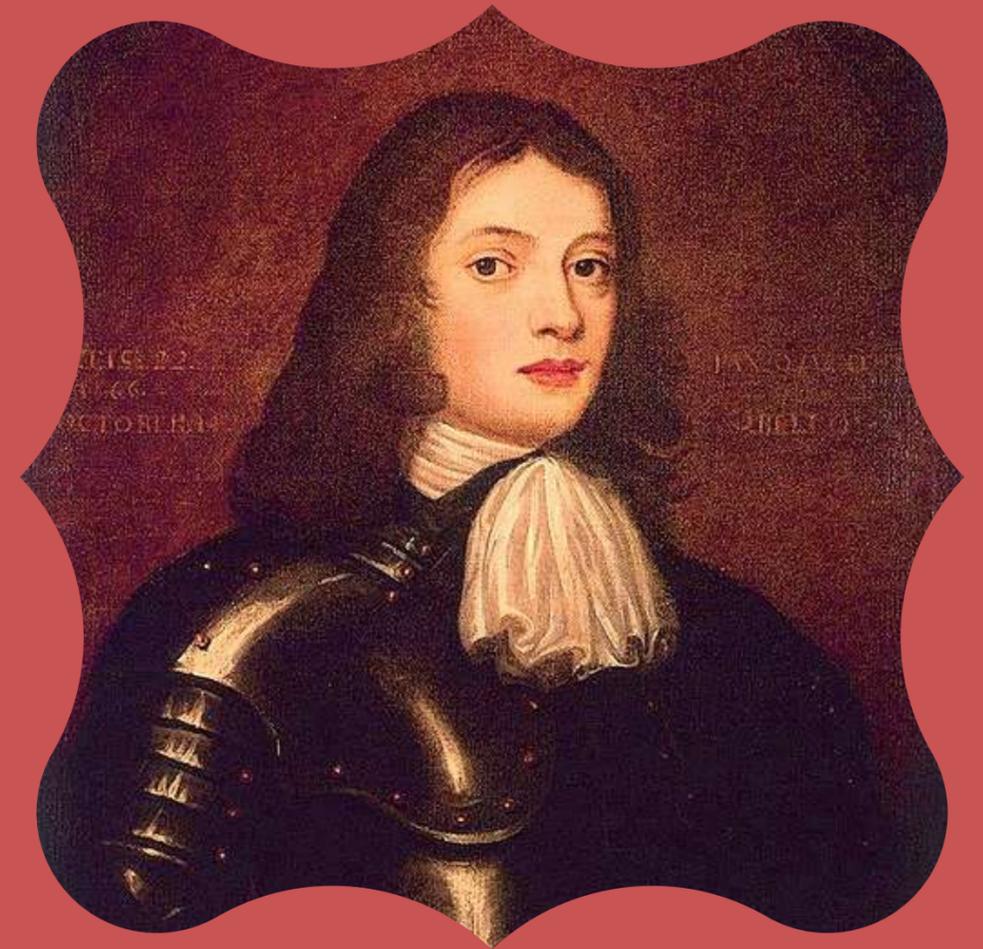
Pomodoro is just a template, you can make it work for you!





TIME IS WHAT WE WANT THE
MOST,

BUT WHAT WE USE THE
WORST.



Quote by William Penn



REFERENCES



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