pomodoro

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WHAT IS POMODORO?

The Pomodoro Technique is a time-management tool named after the kitchen timer that was first used to implement it; Pomodoro means "tomato" in Italian.

HOW DOES IT WORK?

1. Create a to-do list and pick one task.
2. Set a timer for 25 minutes.
3. For 25 minutes, work exclusively on that task without interrupting, stopping to work on anything else, or taking a break.
4. When the 25 minutes is up, stop working and take a 5 minute break. You have now completed one Pomodoro.
5. Set a timer for another 25 minutes and continue working on the task until finished. Pick another task when done.
6. After 4 Pomodoro sessions, take a 15-30 minute break.
7. Repeat as needed.

WHAT ARE THE BENEFITS?

- Manage distractions by planning your time effectively
- Prevent burnout by taking breaks
- Decrease stress by focusing on one thing at a time
- Feel productive by accomplishing tasks

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