




HOW TO ~~END...~~ ~~STOP...~~ ~~SQUASH...~~ PUT TO PULP

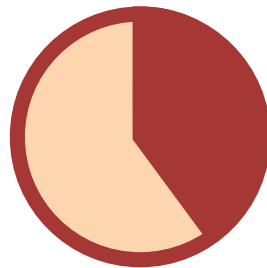
PROCRASTINATING WITH A POMODORO

AN INFOGRAPHIC BASED ON "THE POMODORO TECHNIQUE" BY FRANCESCO CIRILLO

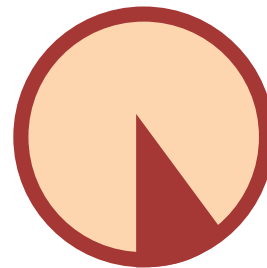
THE TOOLS

-  An egg timer (or smartphone)
-  A to-do list
-  At least 30 minutes of time

THE TECHNIQUE



Chop your tasks into 25 minute manageable chunks during which you take NO interruptions.

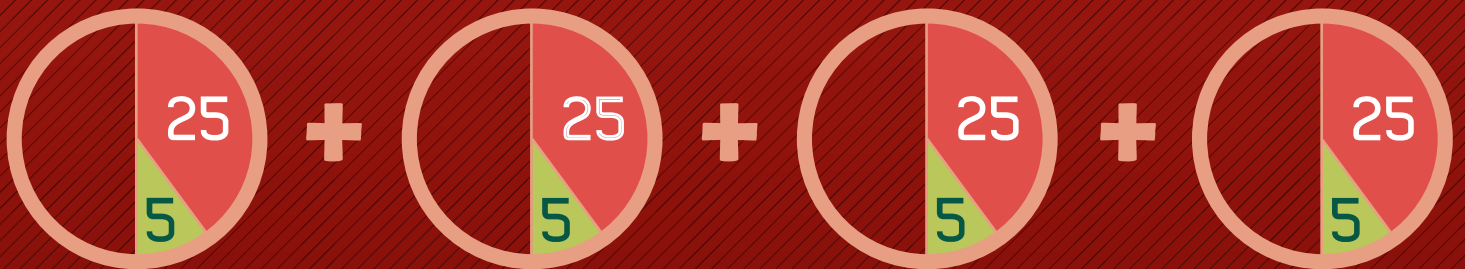


Then take a 5 minute break to relax, recharge and refocus - prepared to start another 25 mins.

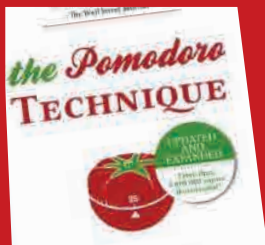
NOT A SECOND MORE OR LESS. ABSOLUTELY NO INTERRUPTIONS

THE RULES

1. Use a timer to manage your chunks of time - every second matters! 2. The 25 minutes is called a Pomodoro. Spend that time focussing on a single task. 3. During that 25 minute Pomodoro - do NOT TAKE any interruptions, that includes NO PHONE CALLS, NO EMAIL CHECKS, NO TOILET TRIPS, AND ABSOLUTELY NO FACEBOOK. 4. If you finish the task early, don't stop. Use the remaining minutes to check over your work. Do not start your break early. 5. If you do get interrupted, then you forfeit that Pomodoro and must start it again. 6. Set a goal of 10 Pomodori per day (that is only 250 minutes of solid, focussed work). 7. Why a Pomodoro? Read the book for that one.



AFTER WORKING THROUGH 4 BLOCKS OF POMODORI, REWARD YOURSELF WITH A FULL 30 MINUTE BREAK



FOR MORE IN DEPTH INFORMATION ABOUT HOW TO GET BACK CONTROL OF YOUR DAY BUY THE BOOK NOW ON AMAZON.

MAKE BOOSTING YOUR PRODUCTIVITY FUN WITH YOUR OWN POMODORO! GET YOUR OWN KITCHEN TIMER AND MAKE IT COUNT.

