

HOW TO STOP PROCRASTINATING WITH

POMODORO TECHNIQUE

A time management method developed by Francesco Cirillo



STEP 1

SET OUT TASK TO DO



STEP 2

WORK FOR 25 MINUTE
OR 1 "POMODORO"



STEP 4

TAKE A SHORT BREAK



STEP 5

BACK TO WORK



STEP 6

AFTER 4 POMODORO
TAKE A LONG BREAK

STEP 7
REPEAT STEPS