

POMODORO TECHNIQUE



AYEH-20210401
ariff@rocketweb.my

POMODORO TECHNIQUE HISTORY

The Pomodoro Technique was invented in the early 1990s by developer, entrepreneur, and author Francesco Cirillo. Cirillo named the system "Pomodoro" after the tomato-shaped timer he used to track his work as a university student.

The methodology is simple: **When faced with any large task or series of tasks, break the work down into short, timed intervals** (called "Pomodoros") that are spaced out by short breaks.

This **trains your brain to focus for short periods and helps you stay on top of deadlines** or constantly-refilling inboxes. With time it can even help **improve your attention span and concentration.**



WHAT IS THE POMODORO TECHNIQUE?

The Pomodoro Method is a time management technique that aims to provide the user with maximum focus and creative freshness, thereby allowing them to complete projects faster and with less mental fatigue.

The process is simple: For every project throughout the day, you budget your time into short increments and take breaks periodically. You work for 25 minutes, then take a five-minute break.

HOW THE POMODORO TECHNIQUE WORKS



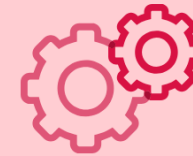
1 IDENTIFY TASK

Identify a clearly defined task.



2 SET TIMER

Set a timer for 25 minutes.



3 WORK

Work on the task for a focused 25 minute period.



4 CHECK MARK

After the 25 minute period ends, place a check mark on a page and take a short 5 minute break.



5 REPEAT X 4

Repeat the process until there are 4 check marks on your page.



6 REST

After 4 cycles, take a longer 20 to 30 minute break. The entire process can then be repeated.

WHO THE POMODORO TECHNIQUE WORKS BEST FOR

The Pomodoro Technique is often championed by developers, designers and other people who have to turn out regular packages of creative work. Essentially, people who have to actually produce something to be reviewed by others. That means everyone from authors writing their next book to software engineers working on the next big video game can all benefit from the timed work sessions and breaks that Pomodoro offers.