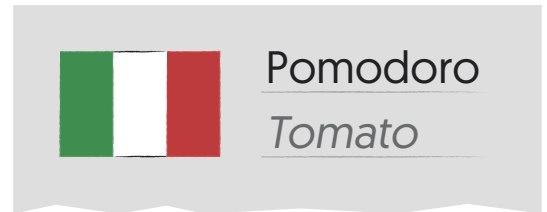


# What is the Pomodoro Technique



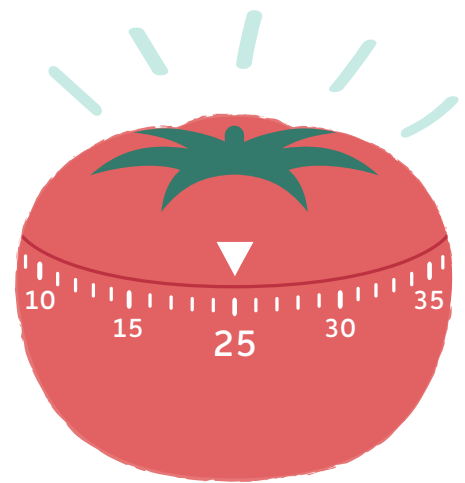
## A quick introduction

Francesco Cirillo developed the Pomodoro Technique in the 1980s while studying at university. He used a tomato shaped kitchen timer to help him focus on his studies and assignments



## Try it for yourself!

1 pomodoro  
= 25 mins



- 1 Choose a task to do
- 2 Set a timer for 25 minutes
- 3 Work on your task for 25 minutes (1 pomodoro)  
Minimise all distractions and focus
- 4 Enjoy a 5 minute break!
- 5 Repeat the process
- 6 After 4 pomodoros, treat yourself to an extended break, between 15-30 minutes

