

Pomodoro Technique

Time management with a twist



"tic-toc tic-toc" pomodoro technique is killing
it today! doubled productivity = doubled
creativity

<http://pomodorotechnique.com/ignore-the-unicorn/>

Pomodoro Team // October 23, 2013



It's amazing what you get done with
@PomodoroTech - And in the breaks you
can do other things - like housework



Time management & planning for ADD/ADHD. The many benefits of the Pomodoro Technique



@PomodoroTech for a week now to increase productivity. I'm now getting done is 4 hours what would take me 8! loving it.



What is it?

- The Pomodoro Technique is a [time management](#) method developed by Francesco Cirillo in the late 1980s.
- The technique uses a timer to break down work into intervals traditionally 25 minutes in length, separated by short breaks.
- These intervals are known as "pomodori", the plural of the [Italian](#) word *pomodoro* for "tomato".
- The method is based on the idea that frequent breaks can improve mental agility.

Etymology

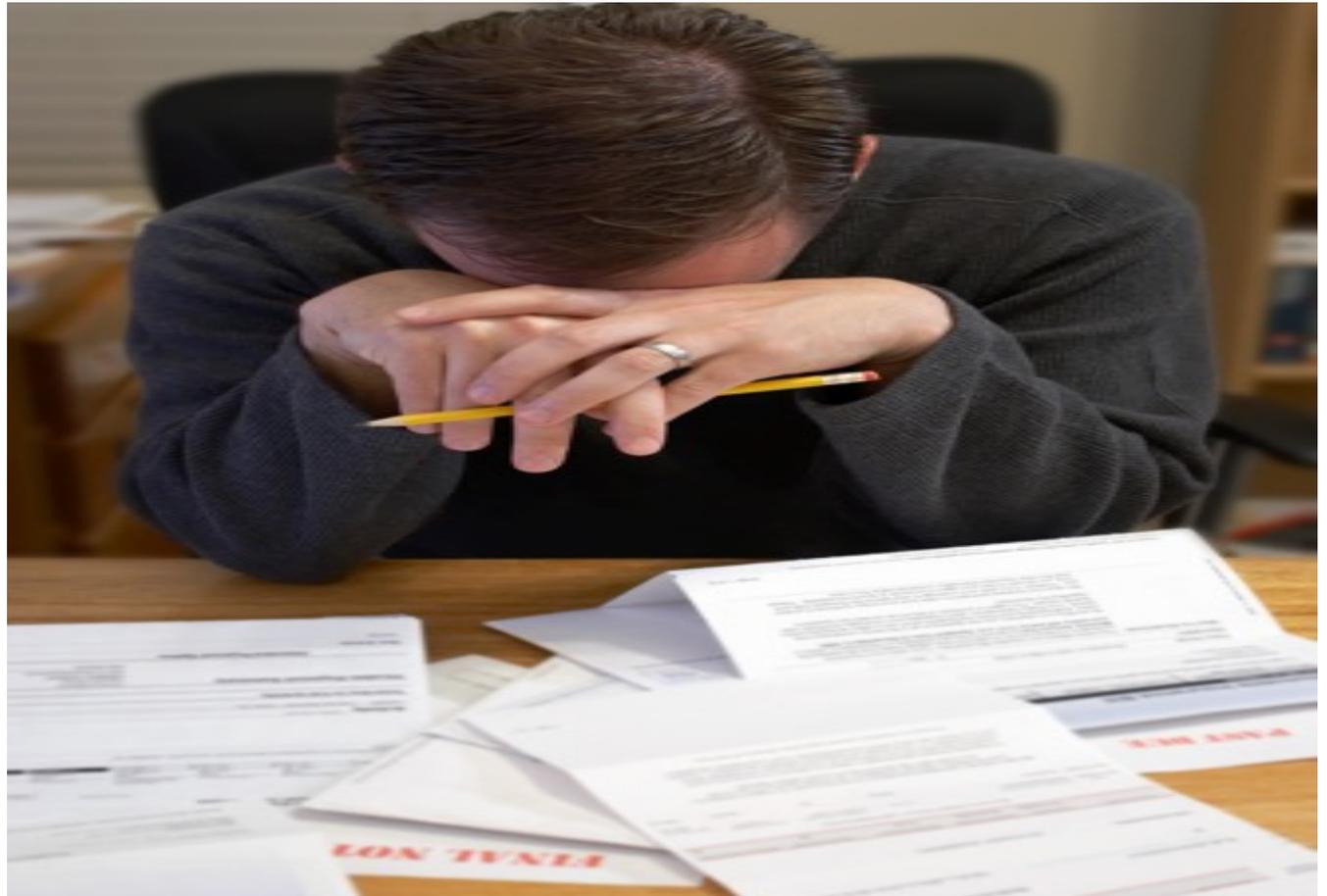
The "Pomodoro Technique" is named after the tomato-shaped kitchen timer that was first used by Cirillo when he was a university student <http://pomodorotechnique.com/timer/>



FIVE BASIC STEPS

1. Decide on the task to be done
2. Set the pomodoro timer to n minutes (traditionally 25)
3. Work on the task until the timer rings; record with an x
4. Take a short break (3-5 minutes)
5. Every four pomodori take a longer break (15-30 minutes)

For those with ADD, boring tasks are like a kiss of death. Science says so, too: according to brain scans, [ADD brains tend to have a net deficit in dopamine](#), an organic chemical which plays a significant role in reward and motivation. A lack of (or too much) dopamine impacts your willingness to work – especially on under-stimulating tasks. You know: the kind of groan-worthy tasks all your boring friends can pull off with ease.



What's great about the Pomodoro Technique is that it doesn't force you to ignore your natural ADD inclinations: every time you have a distracting thought or idea, you're encouraged to write it down before powering on with the rest of your Pomodoro.

But because your new and exciting idea has been written down, instead of continuing to bounce around in your head like a ping pong ball, you can continue with your Pomodoro session without having the feeling that you could be doing something much more earth-shatteringly exciting right now.

In Psychology Today's "Intrinsic Motivation and Magical Unicorns" blog, author David D. Nowell further explains how [the Pomodoro Technique can help those with ADD cut down on their FOMO](#) (or "Fear of Missing Out") by using the Pomodoro Technique.

The secret? Thinking of each Pomodoro as a discreet unit. As Nowell writes, "It's a great feeling, when your head is full of 50 things you could be doing right now, to know for certain that I'm in exactly the right place and doing exactly the right thing right now."

That's the actual truth your ADD brain isn't processing: that you can do a task, no matter how terrible, for twenty five minutes. You can tackle the ominously leaning tower of dishes piling in the sink, empty the trash can, clean the floors. Maybe not for 45 minutes – please, no!!! – but certainly for 25. Really, you can.

There's an APP for that...

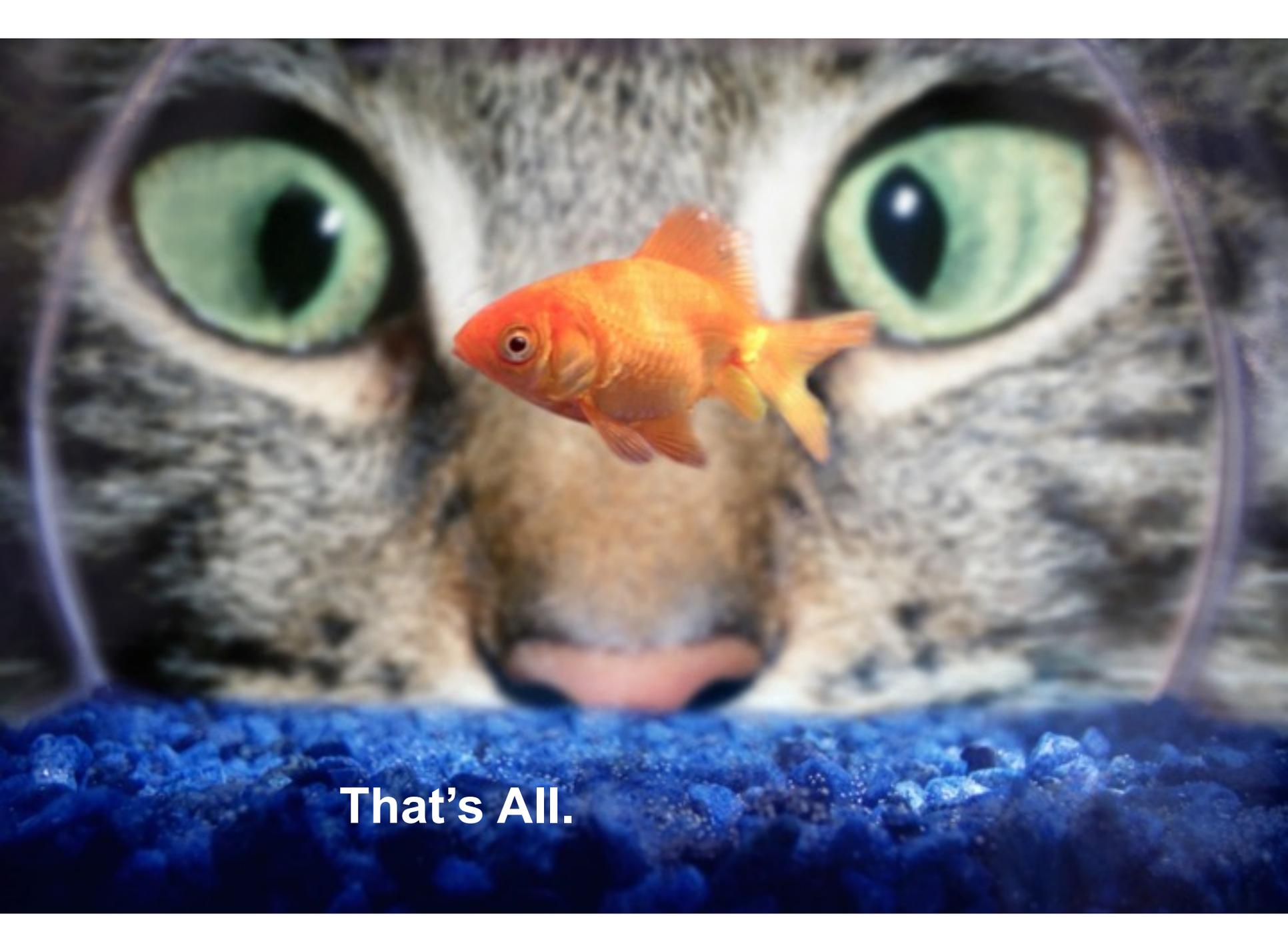
- Android
- <https://play.google.com/store/apps/details?id=net.phlam.android.clockworktomato>

Ipad

<https://itunes.apple.com/us/app/pomodoro-timer-focus-on-your/id703145045?mt=8>

Link to video and more info

- <http://pomodorotechnique.com/>
- This website also includes a timer feature



That's All.