

* The Pomodoro Technique

Craig Dawson

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* What Is the Pomodoro Technique?

- * A simple and effective productivity technique that:
 - * Helps you focus on the task at hand
 - * Helps you get started on tasks
 - * Gives breaks so you can rejuvenate
 - * Helps to deter distractions

* [Pomodoro Video](#)

* How the Pomodoro Technique Works

- * Choose a task
- * Set timer to 25 minutes
- * Work the task until the timer rings
- * Take a 5 minute break (30 minutes after 4 Pomodoros)
- * Repeat steps until task is completed

- * You can record how many Pomodoros a task takes and use that to estimate like tasks in the future

* How to Get Started with the Pomodoro Technique

* Simple kitchen timer

* <http://tomato.es/> (web)

* <http://www.marinaratimer.com/> (web)

* <http://www.tomighty.org> (Win/Mac/Linux)

* <https://play.google.com/store/apps/details?id=com.dacer.simplepomodoro> (Android)

* <https://itunes.apple.com/us/app/pomodoropro/id340156917?mt=8> (iOS)

* Google “pomodoro timer”

* Who the Pomodoro Technique Works Best For

- * People with a defined set of tasks
- * Also works for less defined tasks such as an “inbox” or queue
- * The system adapts to many kinds of work
- * Important to remember it is a productivity system not a ball and chain
- * Make sure you take the breaks
- * Pomodoros are for work not play

* Integrating Pomodoro With Other Productivity Methods

- * Works well with other systems that organize tasks such as:

- * GTD aka Getting Things Done

- * Kaizen

- * Scrum

- * Personal Kanban

- * <http://www.personalkanban.com>

* Additional Information

* <http://lifehacker.com/productivity-101-a-primer-to-the-pomodoro-technique-1598992730>

* <http://pomodorotechnique.com/book/>

* <http://pomodorotechnique.com/blog/>

* <http://pomodorotechnique.com/get-started/>

* <http://www.pomodoro-book.com/>

* <https://www.youtube.com/watch?v=cH-z5kmVhzU>

* <http://www.52weeksofhabits.com/2013/08/20/pomodoro-the-ultimate-work-habit/>

* <http://lifehacker.com/tag/pomodoro>

* It took 3 Pomodoros to do these slides