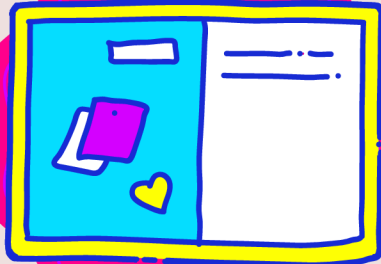
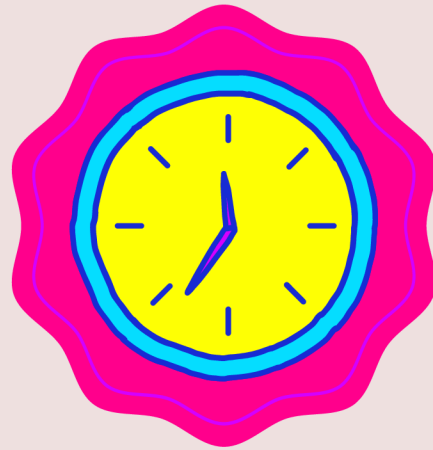


# Get Focused With The Pomodoro Technique



Identify all tasks  
to complete



Set the timer  
for 25 mins



Work on one task



When the timer ends, take  
a 5 min break



Repeat 3 more times  
Take a longer break  
of 15-30 mins