



**WINGSPAN:**  
Center for Learning  
and Writing Support

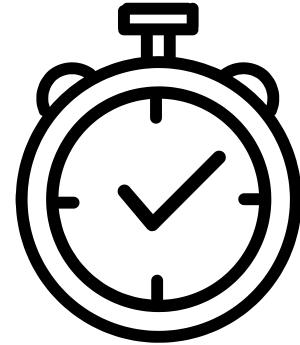
# POMODORO METHOD FOR PRODUCTIVITY

1



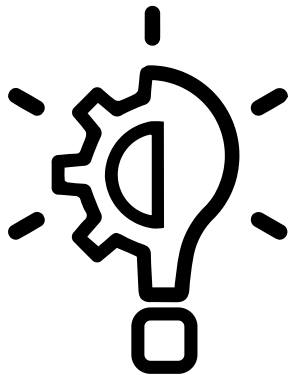
**IDENTIFY YOUR TASK**

2



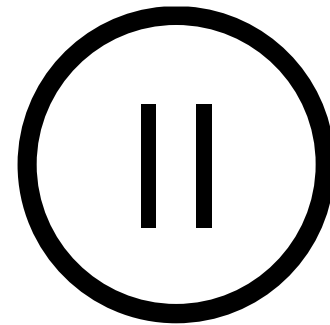
**SET TIMER TO 25 MINS**

3



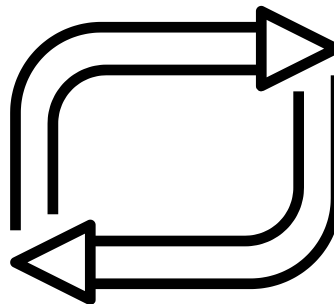
**WORK UNTIL TIMER  
GOES OFF without  
distractions**

4



**TAKE A 5  
MINUTE BREAK**

5



**AFTER 4 CYCLES, TAKE A 15-20 MINUTE BREAK**