



# Peak Power Hypnosis

**Pomodoro Technique**

## **Pomodoro Technique**

The Pomodoro Technique is a fantastic time management method created by Francesco Cirillo that leads to increased productivity and increased creativity.

It is named after the tomato-shaped kitchen timer he used while he was a university student to increase his productivity.

The Pomodoro Technique uses a timer, of course we use the timer on our phone rather than a kitchen timer. The timer is used to break work into intervals of 25 minutes, followed by a 5 minute break.

The five basic steps to implementing the technique are:

1. Decide on the task to be done
2. Set your timer to 25 minutes
3. Work on the task until the timer rings
4. Take a short break 5 minutes, away from where you were
5. After every 4 “pomodori” take a longer break 15–30 minutes

If you become interrupted in any 25 minute segment, take a very short 5 minute or two break and start over.

Simple as this sounds the effects on your creativity can be profound.

The Pomodoro Technique provide you with maximum focus and creativity allowing you to complete projects faster and with less mental fatigue.

Try this simple technique, record your results and you will find yourself not wanting to stop what you are doing and keen to get back to the task in hand, motivating you, increasing your interest and giving you a whole series of 5 minutes of time you can use to exercise, tidy up, meditate or do any other short task in.