The Pomodoro Technique Of Writing
What is the Pomodoro Technique?

What are some best practices?
Seven Steps

1. Decide on the task to be done.
2. Set the Pomodoro timer (25’).
3. Work on the task.
4. End work when the timer rings.
5. Take a 5’ break.
6. Repeat steps 2-4.
7. Take a 15-30’ break.
Best Practice #1

SAME PLACE, SAME TIME TOMORROW
Best Practice #2

JUST GO TO BED

BY MERCER MAYER
Best Practice #3

Our brains are designed to focus on one thing at a time.

Generate
Outline
Edit
Research
Best Practice #4
Best Practice #5
Best Practice #6

Name that Proverb?
Best Practice #7
Permission Slip To Take A Day Off
Summary