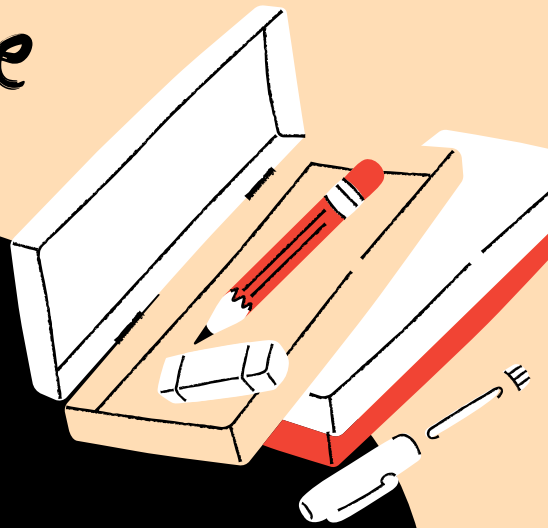


Optimize your time with the POMODORO TECHNIQUE



Decide the task you
are going to perform

Set an alarm within
25 minutes



Work hard until the
alarm goes off

Rest for
5 minutes



Start the process
again. When you reach
4 cycles, take a longer
break (20 minutes)