



“It is not enough to be busy, so are the ants.
The question is:
What are we busy about?”

HENRY DAVID THOREAU

N A D⁺ O V I M[®]

IMPROVE FOCUS AND CONCENTRATION

Pomodoro Technique

The Pomodoro Technique is a time management method developed by Francesco Cirillo in the late 1980s. It is also a way to improve your focus and concentration. Many people often think the way to improve focus and concentration is to try to focus and concentrate as hard as they can. Yet, this can be a daunting task - especially if you don't have a definite plan.

When you train to run a marathon, you do so in smaller segments and slowly build. The same goes for training your focus and concentration. The Pomodoro Technique allows you to stay focused, avoid distractions and letting your mind wander, and best of all is sustainable for consistent productivity.

Your brain is the most precious resource you have.

Love it. Nourish it. Unleash it.

Place this card somewhere you will see it and use when needed.

stay sharp!

- Jeann Nadovim

HOW TO USE IT

- Decide on a single task you would like to accomplish.
 - Use a timer. Can be your iphone, an app like PomoDoneApp, or even an hourglass sand timer.
- Start with 5 minutes - something small. Focus only on that one task. Exclude everything else.
- Increase your time to 10, 20, and then 25 minutes. In between each of these intervals, take short 5 minute breaks. Watch your concentration and focus vastly improve.

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