Pomodoro Method

Try this... Time Yourself!

Remember when you were a kid and your big sister wanted you to do something for her and you didn't want to do it? But then she said the magic words,

"I'll time you!"

Suddenly you weren't only ready to do it, you were genuinely excited? Not sure why that works other than perhaps somehow it makes it more fun or maybe we can impress them and ourselves with our shear speed?

I don't know about you but for me some days I simply can't get going. Maybe it's lack of motivation, sometimes it's overwhelm, or it's not knowing where to begin because it's time for a new project.

However, I have found that for me this works and I wanted to hear if you have ever done anything similar?

1. Write down 3 items that I need to do

2. Prioritize these items in order of importance (however I currently value their importance.)

3. Check to make sure that the items are really just one item... i.e. Set an appointment might be more than one item... it could be find the contact and make the call. Or it could be connect with X who knows Y learn more about Y ask X for the contact, then contact them. The point is one item may be more than one step (above is really 4 steps). Get clear on the steps. Write sub steps

4. Set a timer

5. Use the Pomodoro Method. This method that was developed by Francesco Cirrillo, way back in the 1980s, found that humans best concentrate and achieve in 25 minute time blocks.

Using this method, I set my timer for 25 minutes and I start. All at once that crazy feeling that I felt as a kid when I was being "timed," kicks in! And I have a REAL DEADLINE

6. If at the end of the 25 minutes, I am not done, I evaluate what I need to do next. Does it require another 25 minutes or would it be better to move on to item 2?

7. Most of the time (unless a true wall gets in the way) I have found it best to finish the item, so I can get that accomplished feeling. And I REALLY accomplish something.

It seems to pave the way for more purposeful action. I believe this method works because I have a limited number of items to accomplish, I have thought it through and the timer makes it more fun. With the lift of achievement I am energized and ready for the next task.