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# Doth's Version of the Pomodoro Technique

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**Install a free timer widget on your computer.**

**Set it for 15 minutes.** Work on a task, and only this task, during those 15 minutes. Do not stop until the timer goes off. After the timer goes off...

**Set it for 5 minutes.** This is your break. Do whatever!

**Repeat.**

*\*Adjust work times and break times as needed. Do not skip the breaks!*

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For more time management techniques and information, visit [www.dothbrands.com/blog](http://www.dothbrands.com/blog).

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