





**What is the Pomodoro Technique?**

 Step 1 - Set your tasks

 Step 2 – Set a 25-minute timer

 Step 3 – Work on your task until the time is up

 Step 4 – Take a 5 minute break

Step 5 –Every four pomodoros, take a longer 15-30 minute break

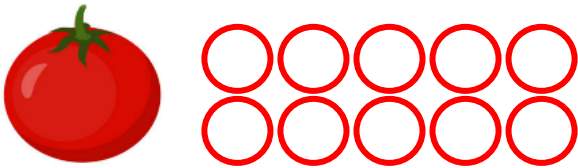


Philosophy Cat

*Tasks to complete*

- Make notes from p. 25-6 in Philosophy textbook
- Complete 'brain dump' on Mind, Body, Soul unit
- Answer dualism question in timed conditions
- Quiz myself using flash cards
- Review

*Tick for each pomodoro completed today*

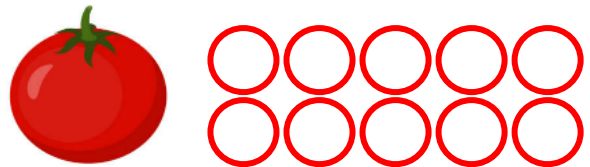


*Number of minutes completed* .....

*Tasks to complete*

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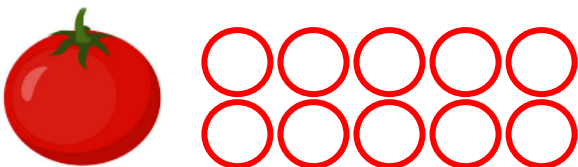


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*Tasks to complete*

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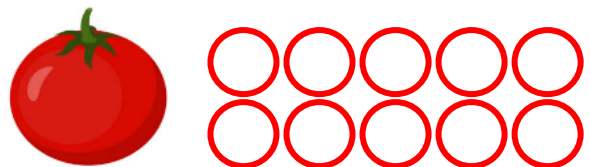


*Number of minutes completed* .....

*Tasks to complete*


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*Tick for each pomodoro completed today*





*Number of minutes completed* .....

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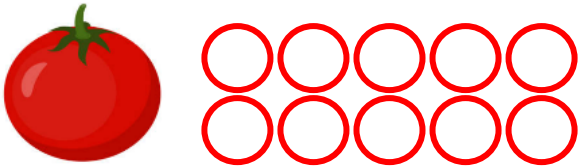


Philosophy Cat

*Tasks to complete*

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*Tick for each pomodoro completed today*

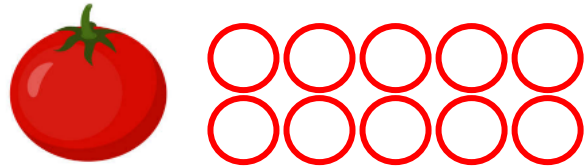


*Number of minutes completed* .....

*Tasks to complete*

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*Tick for each pomodoro completed today*

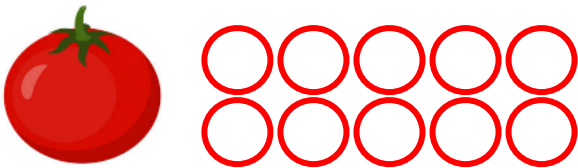


*Number of minutes completed* .....

*Tasks to complete*

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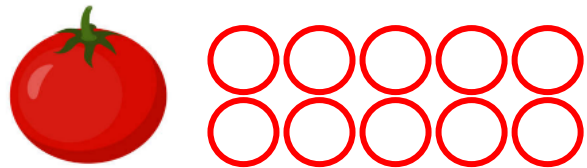


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*Tasks to complete*

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*Number of minutes completed* .....