

The Pomodoro Technique - conquer laziness

Posted by Shteeble - 23 Jun 2016 21:22

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This thread is dedicated to discussion of the Pomodoro Technique.

You can google it for some info.

This technique helps you go from super lazy to super productive.

Since laziness causes underachievement and overwhelm, both major RID sources, overcoming laziness is a big part of the recovery program for someone who is lazy. Like me.

How the Pomodoro Technique works: (Part 1)

Set a timer for 25 minutes.

Do your most important tasks for 25 minutes.

Congratulations! You've completed a Pomodoro.

Take a five minute break.

Repeat the process.

After every fourth completed Pomodoro, take a 30 minute break.

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Re: The Pomodoro Technique - conquer laziness

Posted by cordnoy - 23 Jun 2016 23:27

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I don't know what it is and I'm too damn lazy to look it up.

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Re: The Pomodoro Technique - conquer laziness  
Posted by Shteeble - 24 Jun 2016 00:40

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[cordnoy wrote on 23 Jun 2016 23:27:](#)

I don't know what it is and I'm too damn lazy to look it up.

I know what you mean.

Unless you're joking of course.

But several days of loathsome unproductiveness, worthlessness, wastingtimeness, etc can give you a push to do what you gotta do to crawl out of the laziness den.

Anyhoo, just putting this out there.

I hope others will find it useful.

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Re: The Pomodoro Technique - conquer laziness  
Posted by cordnoy - 24 Jun 2016 01:38

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And you as well.

B'hatzlachah

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Re: The Pomodoro Technique - conquer laziness  
Posted by cordnoy - 24 Jun 2016 01:39

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Is this where that podomorow guy got his name from?

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Re: The Pomodoro Technique - conquer laziness  
Posted by Shteeble - 24 Jun 2016 02:33

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[cordnoy wrote on 24 Jun 2016 01:39:](#)

Is this where that podomorow guy got his name from?

not sure.

I did a forum search on pomodoro before starting a new thread.

I came across that username, but don't know if he's related.

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Re: The Pomodoro Technique - conquer laziness  
Posted by Shteeble - 24 Jun 2016 14:37

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How the Pomodoro Technique works: (Part 1)

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Re: The Pomodoro Technique - conquer laziness  
Posted by cordnoy - 24 Jun 2016 15:32

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or reward yourself with 30 minutes of lustin'.

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Re: The Pomodoro Technique - conquer laziness  
Posted by Markz - 24 Jun 2016 15:38

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Serious?

That's it?

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Re: The Pomodoro Technique - conquer laziness  
Posted by Shteeble - 24 Jun 2016 16:00

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[Markz wrote on 24 Jun 2016 15:38:](#)

Serious?

That's it?

ikr

pretty simple

but it works wonders

you get the relaxation / recess / renewal / etc that you feel you need...

you don't let it take over your whole day...

you accomplish a ton...

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Re: The Pomodoro Technique - conquer laziness

Posted by Markz - 24 Jun 2016 16:20

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I was replying to cordnoy

[guardyoureyes.com/forum/2-What-Works-for-Me/290610-The-Pomodoro-Technique---conquer-laziness#290650](http://guardyoureyes.com/forum/2-What-Works-for-Me/290610-The-Pomodoro-Technique---conquer-laziness#290650)

I don't believe pomodoro would work for me as time management is a major Asperger issue as depicted in my thread [here](#) and I hope to elaborate more next week

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Re: The Pomodoro Technique - conquer laziness

Posted by cordnoy - 24 Jun 2016 17:57

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[Markz wrote on 24 Jun 2016 16:20:](#)

I was replying to cordnoy

[guardyoureyes.com/forum/2-What-Works-for-Me/290610-The-Pomodoro-Technique---conquer-laziness#290650](http://guardyoureyes.com/forum/2-What-Works-for-Me/290610-The-Pomodoro-Technique---conquer-laziness#290650)

I don't believe pomodoro would work for me as time management is a major Asperger issue as depicted in my thread [here](#) and I hope to elaborate more next week

You're right; it's actually 35 minutes.

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Re: The Pomodoro Technique - conquer laziness  
Posted by goodchange613 - 27 Jun 2016 05:57

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thanks for posting the technique!

i know that i def have a prob with laziness and not being productive, don't know how and if that's related to lustin' and actin' out but I'm sure there are many people who appreciate when all of us as a community share different tips and techniques we find so thanks!

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Re: The Pomodoro Technique - conquer laziness  
Posted by cordnoy - 14 Jun 2017 01:19

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guess he was too lazy to finish....and I still waitin' for Markz's elaboration.

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Re: The Pomodoro Technique - conquer laziness  
Posted by Markz - 14 Jun 2017 03:07

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[cordnoy wrote on 14 Jun 2017 01:19:](#)

guess he was too lazy to finish....and I still waitin' for Markz's elaboration.

for nothing

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