

## Unit 1.3 Overcoming Procrastination

### How Did I Do Using the Pomodoro Timer?

1. How many minutes did I set the timer for to focus on my task?
2. How many minutes did I set the timer for to take a break?
3. What did I do during my break?
4. Was it hard to stop doing my activity when my break was over and get back on task?
5. Did I change the activity I did during each break? Why or why not?
6. Was it hard to focus during the focus time? If yes, why?
7. Should I adjust the focus time to be longer or shorter? Why?
8. Did it get more comfortable working with the timer with each new work session?  
If yes, why?
9. Will I use this pomodoro timer in the future to complete work?
10. If yes, why will I use it again?
11. If no, why will I not use it again?

