

BLOGGER BREAKTHROUGH PODCAST



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Mastering the Pomodoro Method

WITH SAGE
GRAYSON

ABOUT SAGE

Hey there! I'm Sage Grayson, a former book editor turned life and business coach. Since 2011, I've been helping ambitious women entrepreneurs edit their habits, routines, and mindsets to balance their happiness at work and home. I'm a Life Editor . . . and so are you!



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Blogger Breakthrough Summit Podcast Transcript

[00:00:00.06] - Liz Stapleton

Welcome back to another episode of the Blogger Breakthrough Summit podcast, where we share tips and tricks to help you crush your blogging goals. I'm your host, Liz Stapleton, and today we're diving into this session from Sage Grayson at the 2024 Blogger Breakthrough Summit. She shares how to best use the Pomodoro technique for bloggers.

[00:00:16.13] - Liz Stapleton

Let's dive in.

[00:00:24.19] - Sage Grayson

Here's the basic technique. Number one, you're going to choose a task. Select a specific task to work on that can be completed in one Pomodoro. That's 25 minutes. Number two, set your Timer. Set a Timer for 25 minutes to work on only the chosen task, nothing else. Number three, work until the Timer rings. During the Pomodoro, focus exclusively on the task at hand. Resist the urge to engage in distractions or to switch tasks. Number four, take a break. Once the Timer rings, take a short five-minute break. This allows a quick mental recharge. Oh, yeah. Number 5, of course, you're going to repeat. After completing four Pomodoros, which is 2 hours, take a longer break of around 15 to 30 minutes. The Pomodoro technique continues to increase in popularity and has been adopted by individuals, professionals, and teams worldwide for its simplicity and effectiveness in combating procrastination and enhancing productivity. So now I got to ask you, have you tried the Pomodoro technique? And if so, how did you alter it for your business, lifestyle, energy levels, etc? I can't wait to hear your thoughts. Here's how we do Pomodoro Sprints for Content Creation. First, Do a brain dump and write down everything you want to get done.

[00:01:48.19] - Sage Grayson

Just let your thoughts flow. Maybe it's writing, planning, uploading, photo and image creation, social media, scheduling, and more. Then you're going to choose your next most important projects. Maybe you have some deadlines coming up, or you have something that has a really high return on investment, or the ones that must get done today or this week. You can choose your Pomodoro Sprints for just today, or you might do a week's worth of planning in advance? It's up to you. Then you're going to define your time budget. That is how much time you have to work during the day or the week to devote to your Pomodoros. So maybe you have two hours a day or five hours a day, or maybe you have four hours on two separate days. It really depends on what your specific schedule looks like.

[00:02:38.14] - Liz Stapleton

All right, that's it for today's episode. Thank you for tuning in to the Blogger Breakthrough Summit podcast. And if you enjoyed it, please be sure to subscribe, leave a review, and share it with your blogging friends. Until next time, stay productive and

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keep breaking through those blogging barriers. Be sure to join us next week when you're going to learn more about using AI to help you create SEO blog posts.