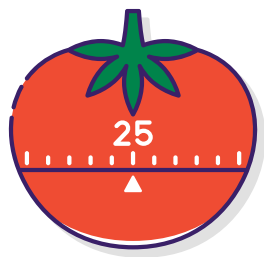


Zeitmanagement

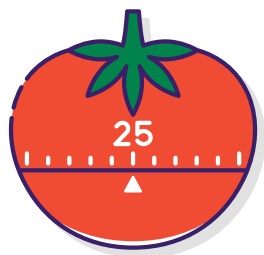
Pomodoro-Technik nach Francesco Cirillo



25min arbeiten



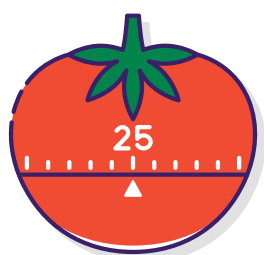
5 Pause



25min arbeiten



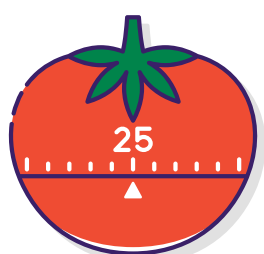
5 Pause



25min arbeiten



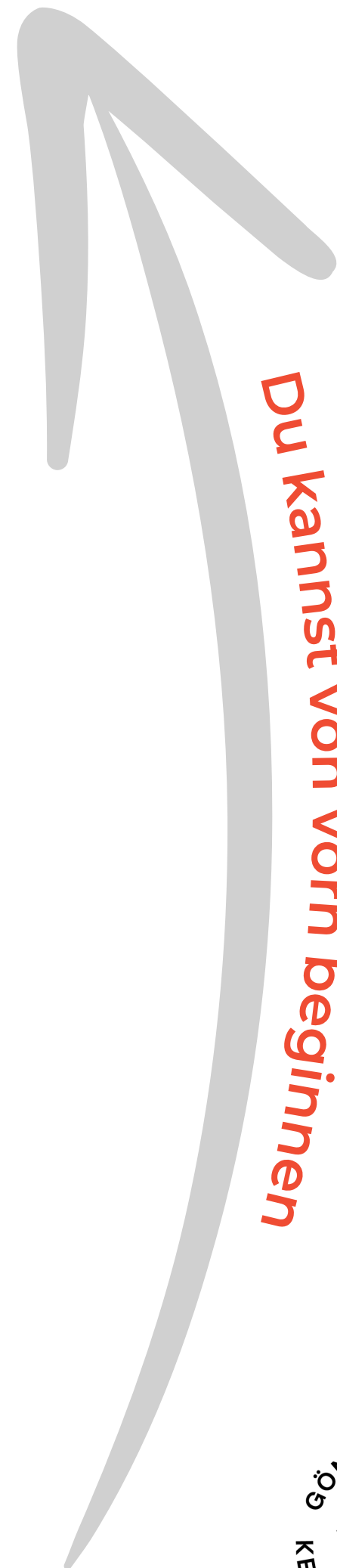
5 Pause



25min arbeiten



30min Pause



Du kannst von vorn beginnen

