Focus that doesn’t break.

A work rhythm in three rules. You can learn it in a minute.

Sound familiar?

01

Your Pomodoro timer goes off mid-thought.
When you come back: where was I?

02

Your agent asks for approval at minute 35. Your timer has no idea.

03

Mid-task, a bug, an idea, and “pick up milk” all pop into your head.
Where do they go? Do you have to decide now?

The problem isn’t you. It’s the rhythm.

Stop where you know what comes next.

> Hemingway stopped writing while he still knew exactly what would happen next, so he never started the next day with a blank page.
>
> From *A Moveable Feast*

With Pomodoro, the clock decides when you stop. Here, the state of your work does.

In film, rolling focus means adjusting the focus during a shot so a moving subject stays sharp. This method does the same for your attention.

01

Your own rhythm, a natural stop.

Pick a rhythm that suits you. The length is up to you. When the time is up, don’t stop right away. Stop as soon as your work reaches a well-defined state: a passing test, a commit, a finished thought.

Kicking off a longer AI task counts as one too: while you take a break, the agent keeps working.

What counts as a break?

Any time your mind is off the project. Filing a GitHub issue is work. A phone call or a grocery run is a break.

02

Jot it down, keep going.

Whatever comes up, capture it as a jot in one move and get right back to work.

Whether it becomes an issue, a prompt, or a to-do, you decide later.

03

Review your jots at every switch.

Before a break, when you start working, when a task is done: does your next step come from the list?

The list holds the context of your earlier thinking. That’s what keeps the thread unbroken.

The agent waits for you, not the other way around.

If it’s waiting for approval when you get back from your break, that’s fine. Its time is cheap. Your attention isn’t.

Why not another to-do app?

To-do app	Jot
You have to decide as you write: due date, project, priority	**No decisions as you write**
Tasks sit there for weeks	**The list stays short and fresh**
The due date sets the time	**The moment sets the time**

Any tool works, as long as you can write down a line in one move. I use Inosace Jot (inosace.app), which I built for exactly this.

rollingfocusmethod.com

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