



Impact Survey

Measuring the effectiveness of GTD
on Next Action Associate's clients





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Who took part in the Survey?

Online survey to assess general impact of GTD practice on individuals' work and life

A survey invitation was sent to the Next Action Associates newsletter database, which is made up of seminar and coaching alumni as well as other individuals who have registered interest in GTD.

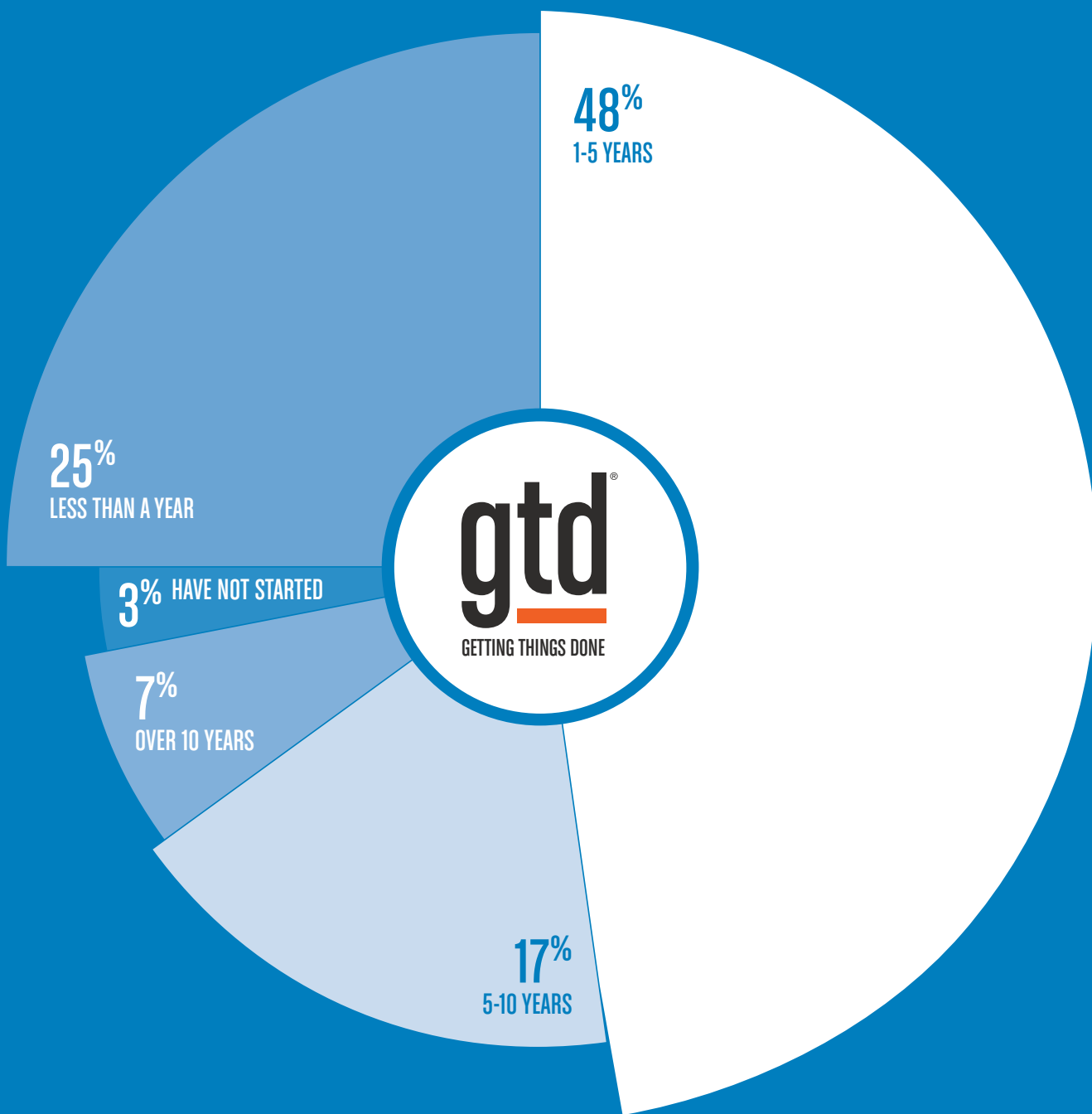
There were 320 completed surveys which were conducted in September 2016.

Questions focused on participant's perceptions regarding the following:

- Stress levels
- Productivity gains
- Ability to shut off after work
- Impact on personal life and
- Overall happiness

Experience with GTD

How long have you been using GTD?



Summary of results

Survey shows significant improvements in respondents work and personal life after using GTD methodology

82%

report high stress levels of **7 or higher** before implementing GTD



compared to

15%

after implementing GTD

82%

rate their productivity as **7 or higher** after implementing GTD compared to 29% before

99%

would **recommend GTD** to a friend, family member or colleague

81%

feel **considerably or dramatically happier** after implementing GTD

20%

rate their ability to shut off from work at **7 or higher** before implementing GTD



compared to

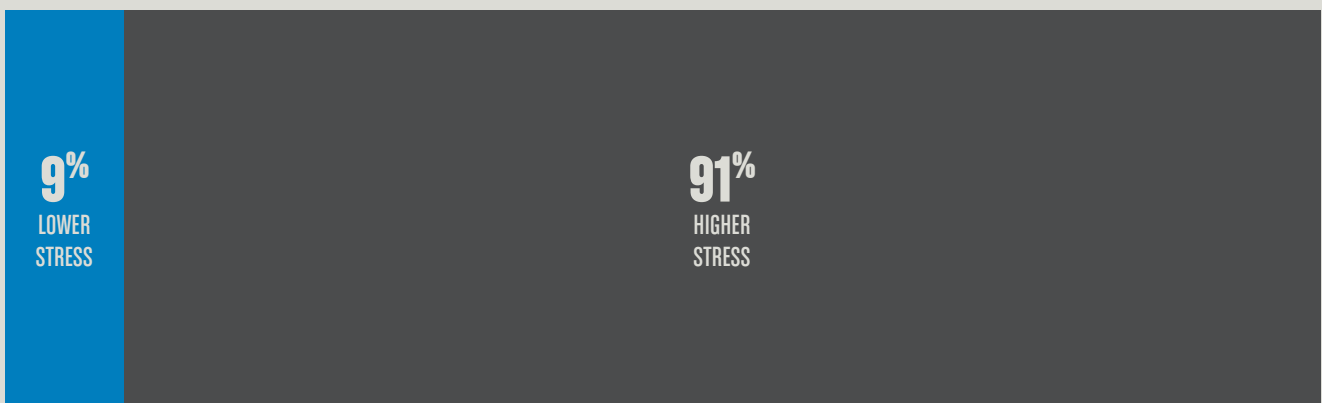
60%

after implementing GTD

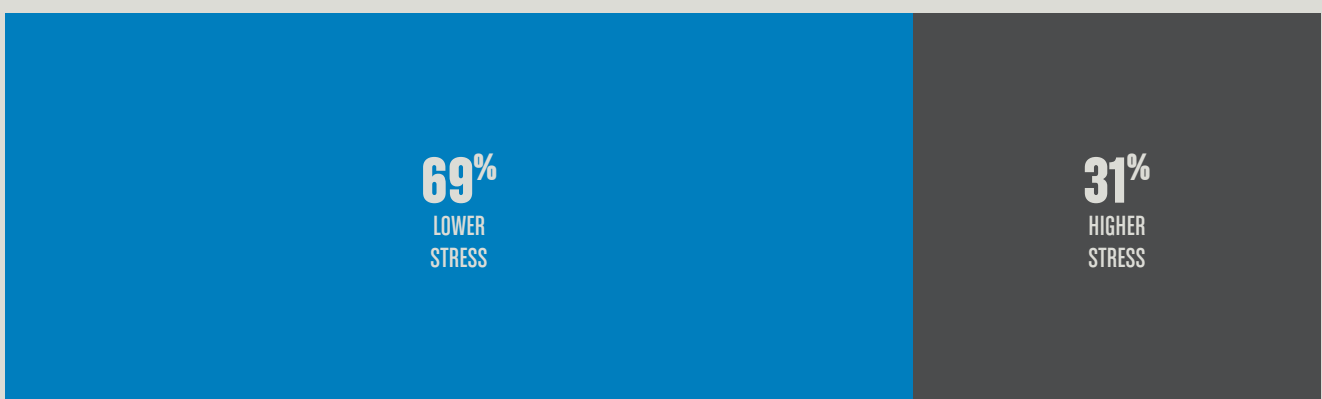
Overall reduction of stress levels

After implementing GTD, respondents report reduced stress levels

BEFORE



AFTER

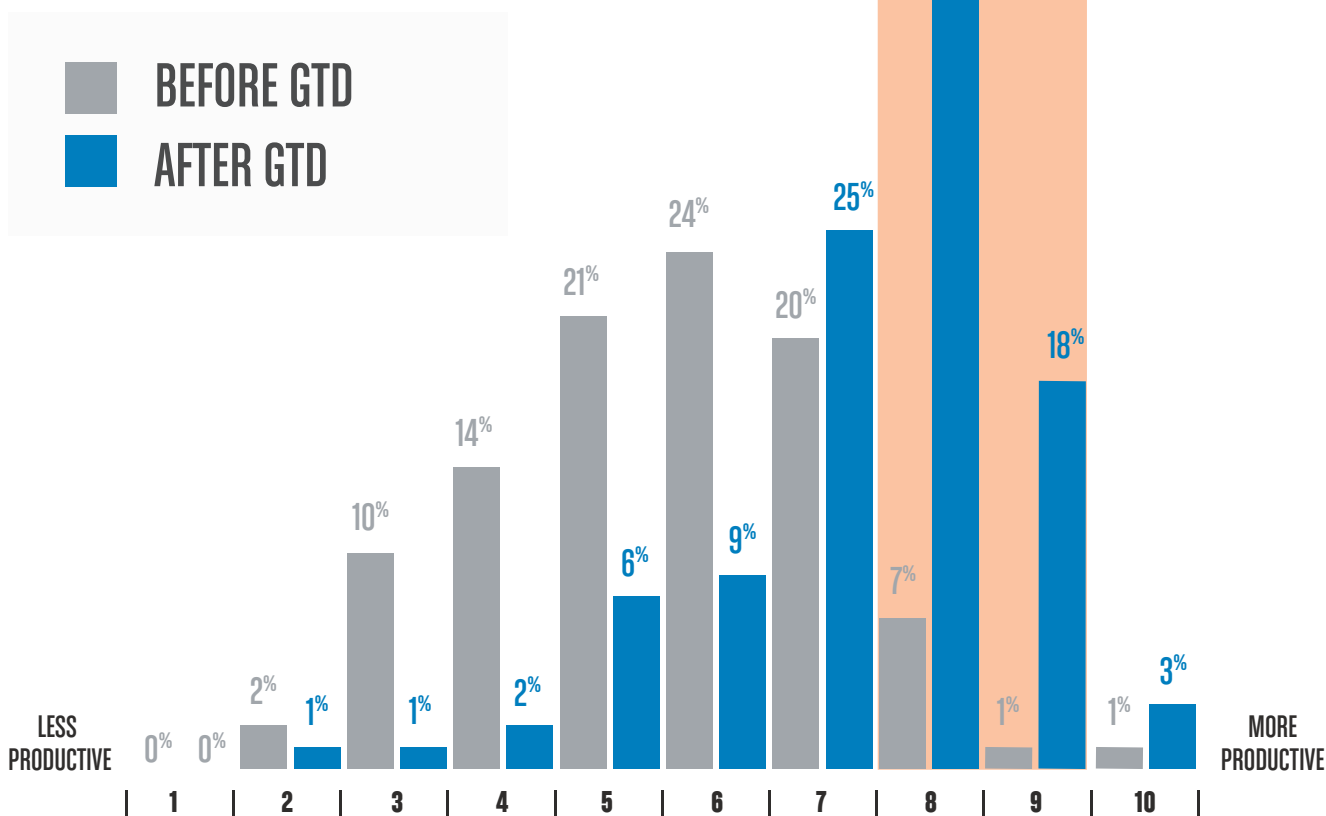


* Participants were asked to rate stress levels on a scale 1 to 10.
Responses between 1 and 5 were deemed 'lower stress', 6 to 10 deemed 'higher stress'.

Dramatic increase in productivity at work

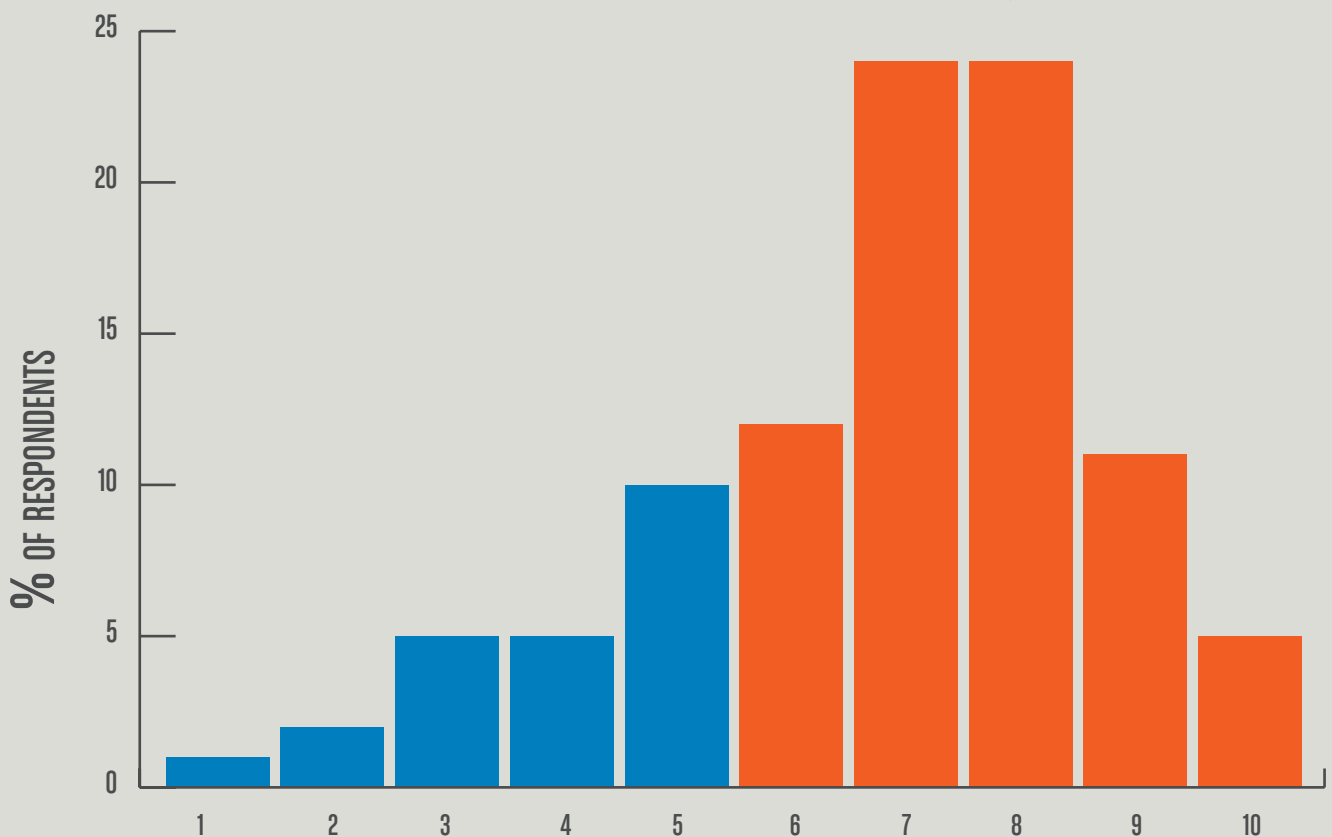
After implementing GTD, more than half of respondents reported a very high rating for productivity at work

- 82% of respondents rate their productivity at work as 7 or higher on a 1 to 10 scale after implementing GTD – compared to 29% before GTD
- 90% of respondents rate their productivity at work at 5 or higher after implementing GTD
- Average productivity rating increased by 37% (from 5.4 to 7.4)



Impact of GTD on personal life

76% of respondents rate 6 and above (on a 10 point scale) for GTD enabling productivity in personal life



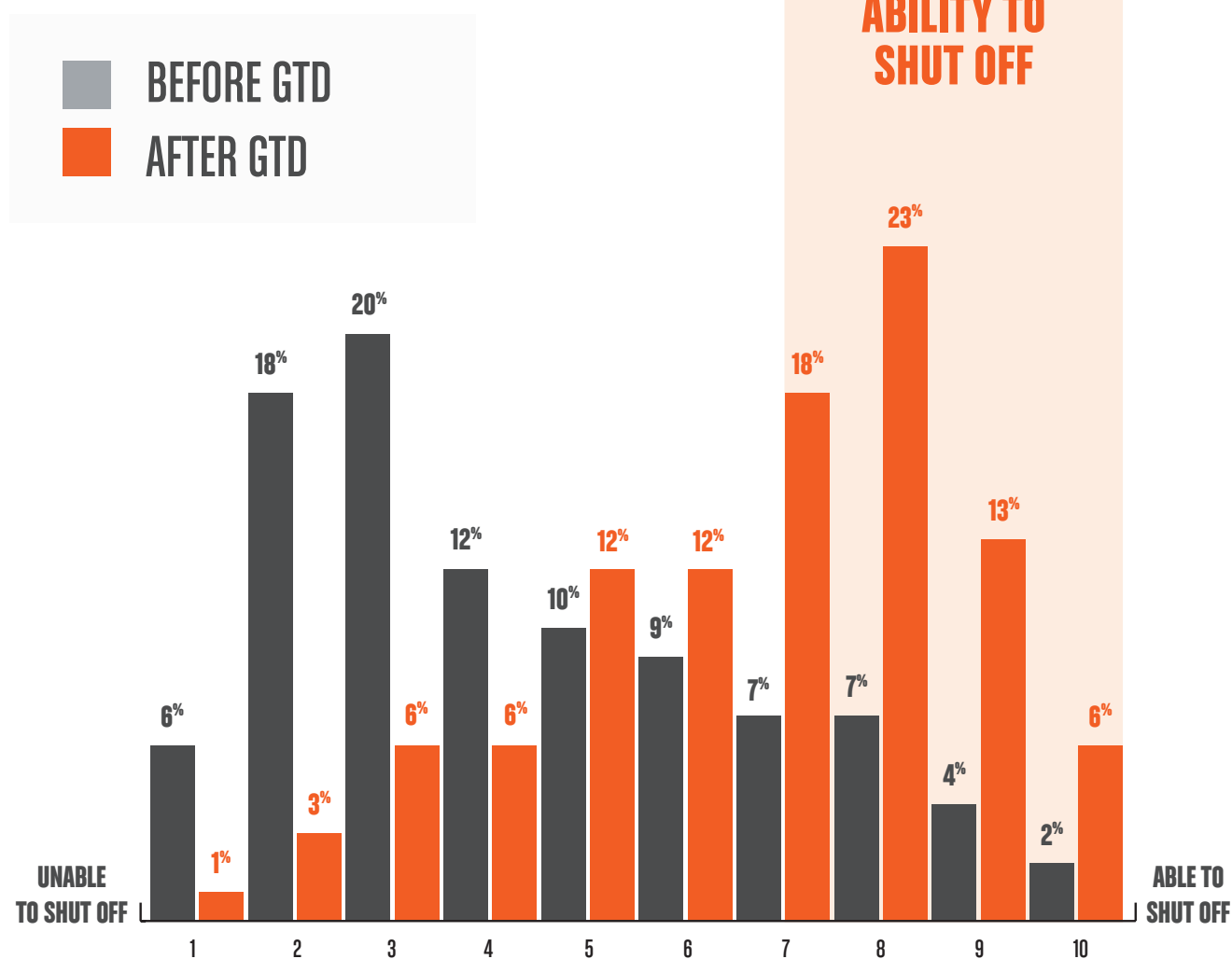
Participants were asked to rate the positive impact of productivity in personal life on a scale 1 to 10, 1 being 'very low impact' and 10 being 'very high impact'.

Improved ability to shut off from work

Respondents found it easier to separate work and leisure time after implementing GTD

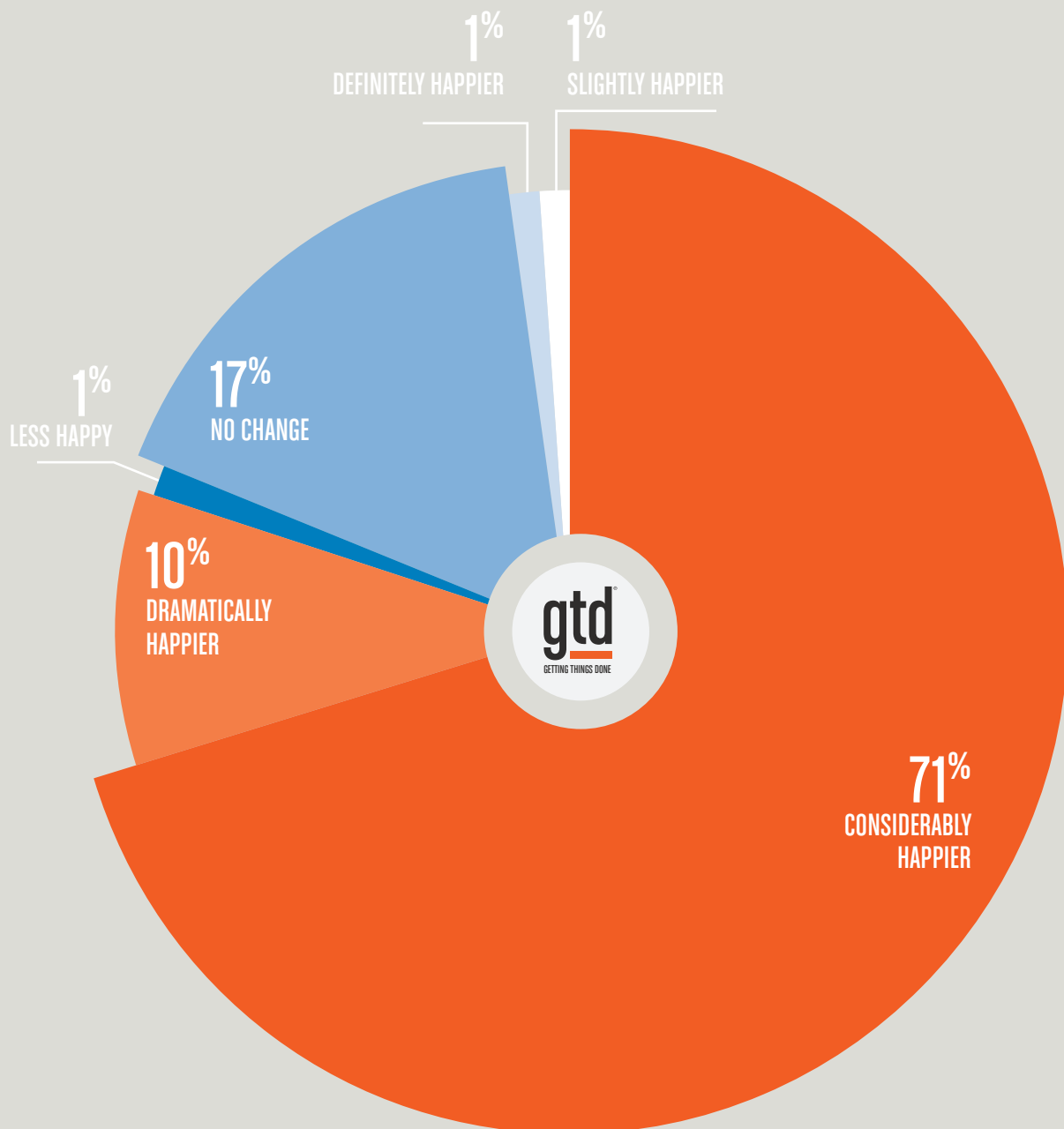
After implementing GTD:

- 60% of respondents rate their ability to shut off from work at 7 or higher on a 1 to 10 scale – compared to 20% before GTD



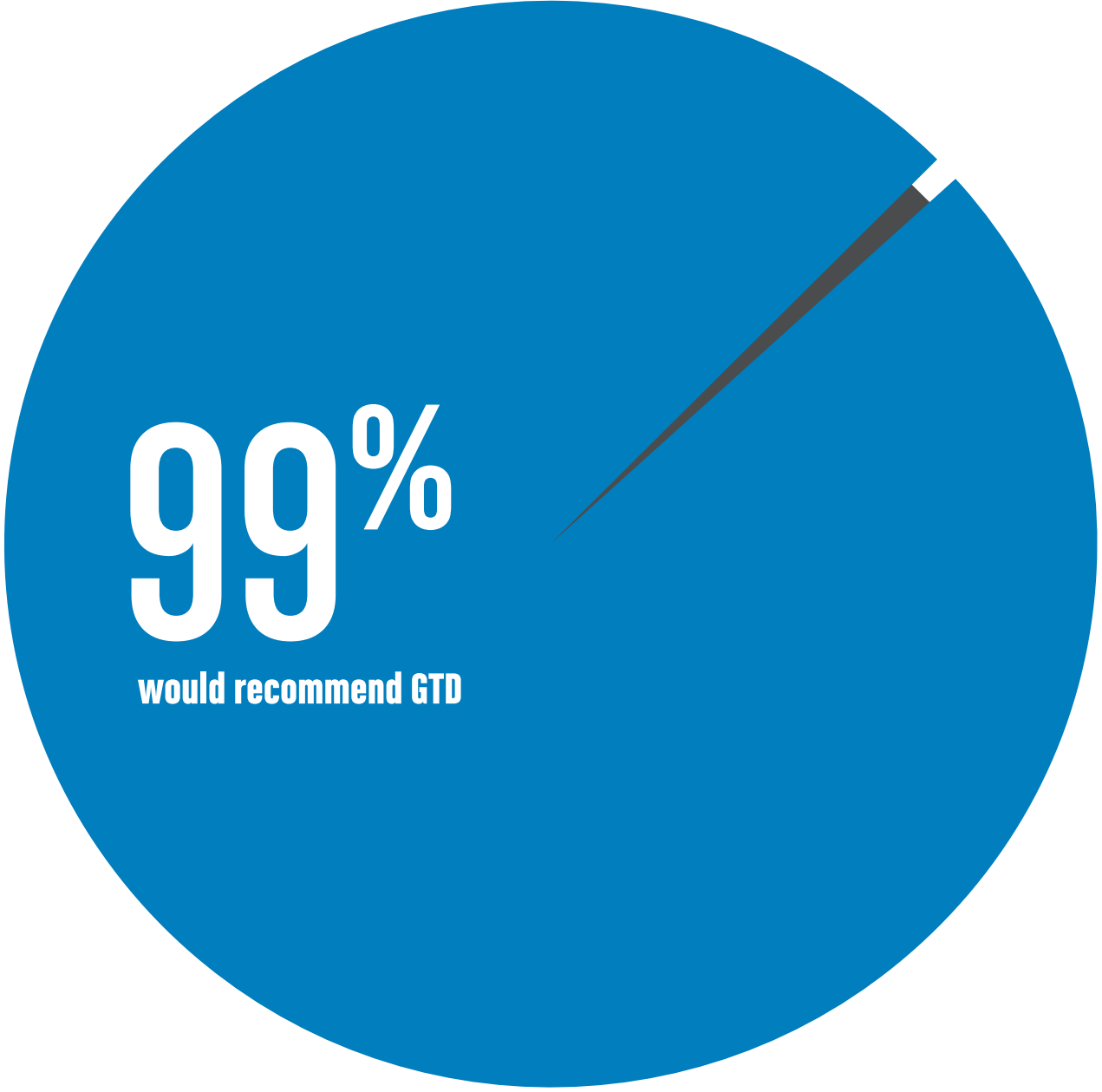
Impact on overall happiness

81% of respondents feel considerably or dramatically happier after implementing GTD



Recommendation of GTD

99% of respondents **would recommend GTD**
to a friend, family member or colleague



99%
would recommend GTD

gtd[®]

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