

Getting Things Done® survey



We invited 178 of our former GTD Fundamentals participants and asked for their experience and opinion on GTD. Their answer were collected in an online questionnaire. 70 people participated.

Conducted in Norway May 2015
by produktivNorge AS

Executive results summary:

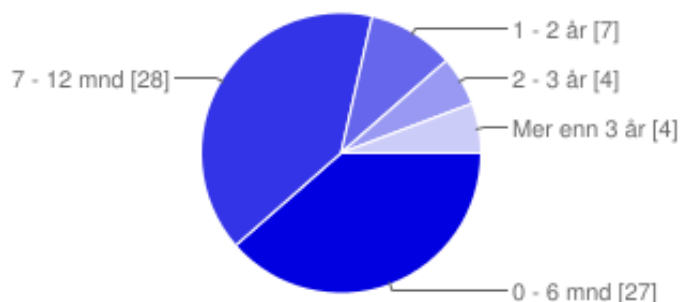
178 were invited to participate
70 participated
79% have practiced GTD less than a year.
39% have practiced GTD less than 6 months.
73% experience lowered stress levels
90% experience to be more control and have a better overview of their work
72% experience that they master their workdays better
10% have fewer sick days*
60% say it is easier to be present in their life
68% have become more aware of what they want to achieve
100% want to recommend GTD to others

*** Note:** Several of the participants noted that their number of sick days was either low or non existant to begin with. Hence the "low" score.

Summary legend: All percentages have been rounded up.

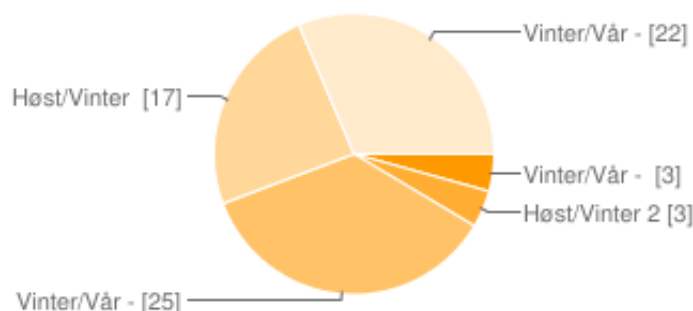
Results

For how long have you been practicing GTD?



0 - 6 mo	27	38.6 %
7 - 12 mo	28	40 %
1 - 2 yr	7	10 %
2 - 3 yr	4	5.7 %
- 3 < yr	4	5.7 %

I participated in a GTD Fundamentals seminar:

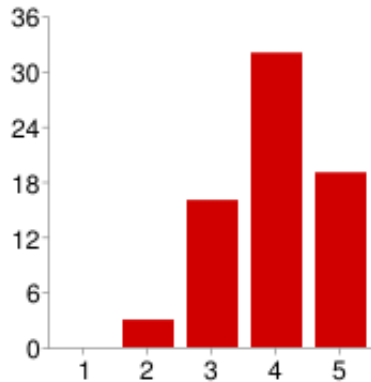


Winter/Vår - 2013	3	4.3 %
Fall/Vinter- 2013	3	4.3 %
Winter/Vår - 2014	25	35.7 %
Spring/Vinter 2014	17	24.3 %
Winter/Vår - 2015	22	31.4 %

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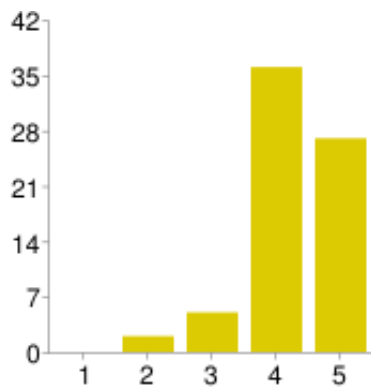
When I practice GTD:

My stress level is lowered



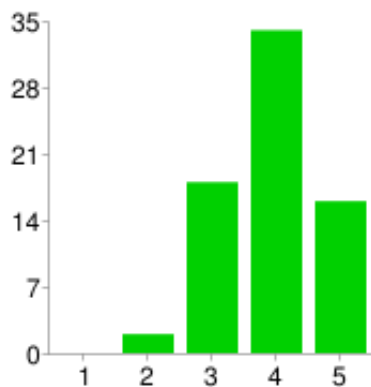
Strongly disagree: 1	0	0 %
2	3	4.3 %
3	16	22.9 %
4	32	45.7 %
Strongly agree: 5	19	27.1 %

I experience to be more in control and have a better overview



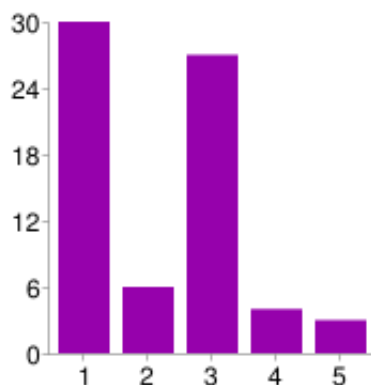
Strongly disagree: 1	0	0 %
2	2	2.9 %
3	5	7.1 %
4	36	51.4 %
Strongly agree: 5	27	38.6 %

I experience better mastery of my workdays



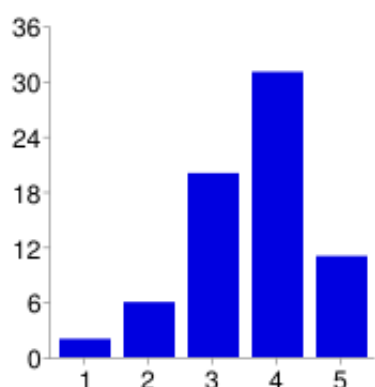
Strongly disagree: 1	0	0 %
2	2	2.9 %
3	18	25.7 %
4	34	48.6 %
Strongly agree: 5	16	22.9 %

My absence decreases (days sick)



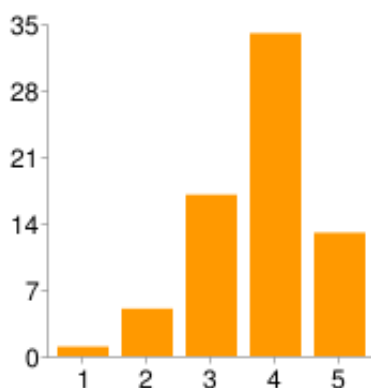
Strongly disagree: 1	30	42.9 %
2	6	8.6 %
3	27	38.6 %
4	4	5.7 %
Strongly agree: 5	3	4.3 %

It is easier to be present in everyday life



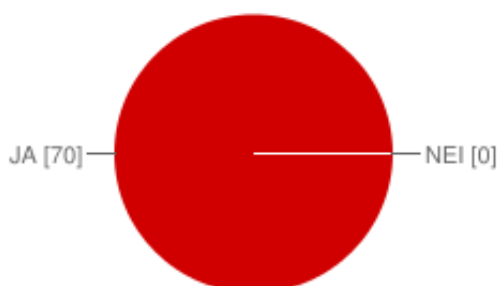
Strongly disagree: 1	2	2.9 %
2	6	8.6 %
3	20	28.6 %
4	31	44.3 %
Strongly agree: 5	11	15.7 %

I become more aware of what I want to achieve:



Strongly disagree: 1	1	1.4 %
2	5	7.1 %
3	17	24.3 %
4	34	48.6 %
Strongly agree: 5	13	18.6 %

Would you recommend learning GTD to others?



YES	70	100 %
NO	0	0 %

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