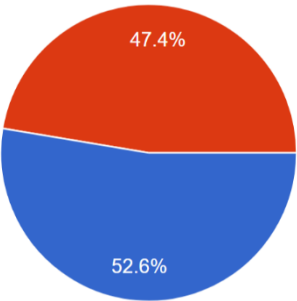


INITIAL

I believe I have a manageable inbox.

19 responses

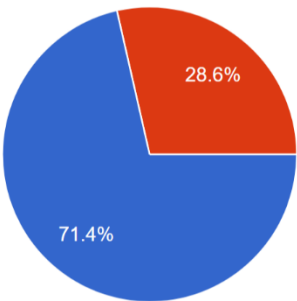


- Yes
- No

30 Day

I believe I have a manageable inbox.

14 responses

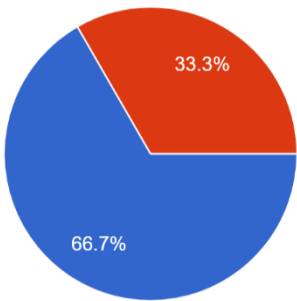


- Yes
- No

90 Day

I believe I have a manageable inbox.

12 responses

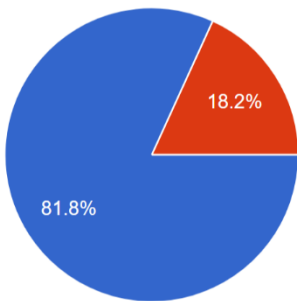


- Yes
- No

180 Day

I believe I have a manageable inbox.

11 responses

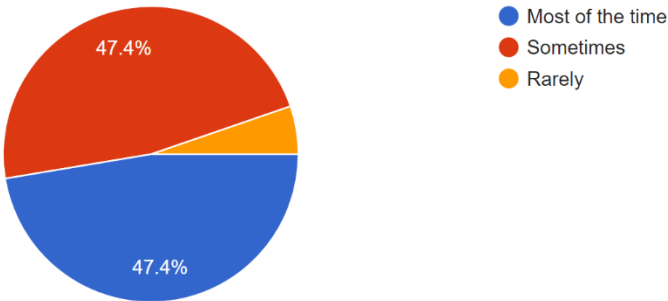


- Yes
- No

INITIAL

I suffer from email reactivity and telepressure.

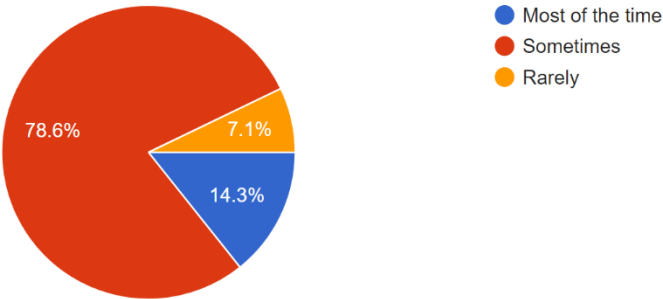
19 responses



30 Day

I suffer from email reactivity and telepressure.

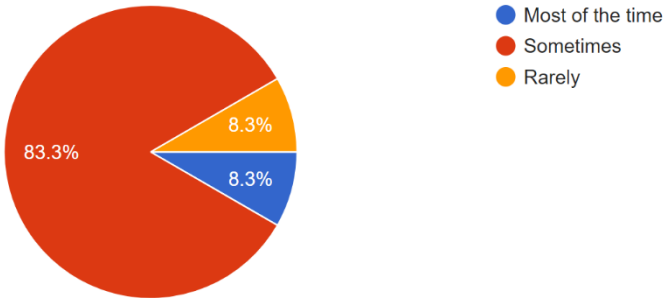
14 responses



90 Day

I suffer from email reactivity and telepressure.

12 responses



180 Day

I suffer from email reactivity and telepressure.

11 responses

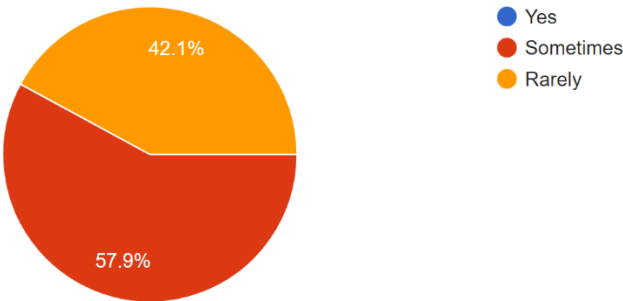


INITIAL

I schedule time to process my email rather than react to it.



19 responses

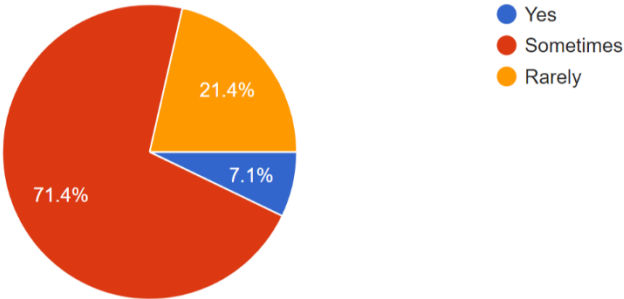


30 Day

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14 responses

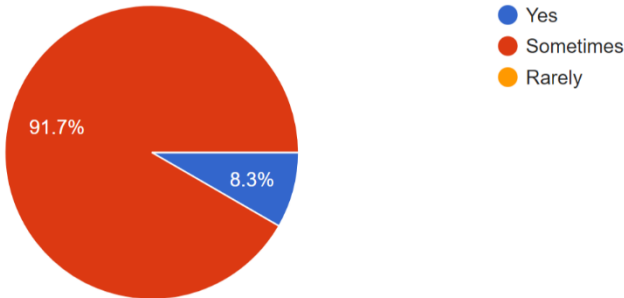


90 Day

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12 responses

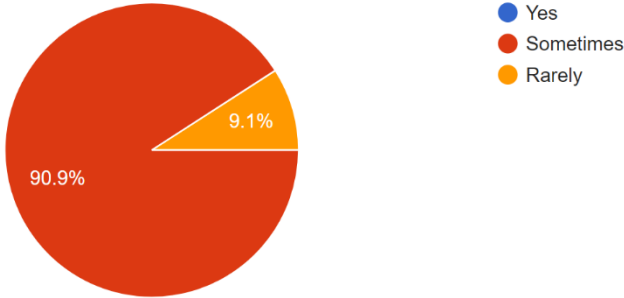


180 Day

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11 responses

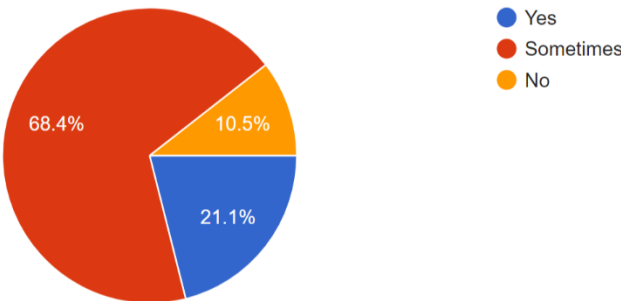


INITIAL

I can find all of my files and emails quickly with no problem.



19 responses

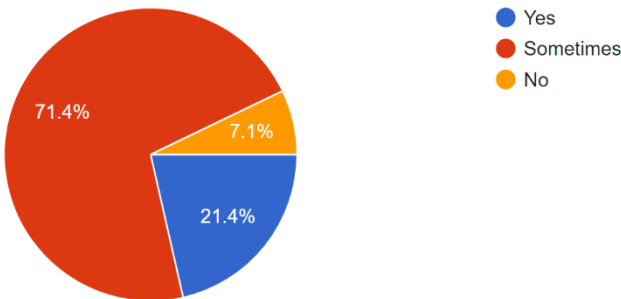


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14 responses

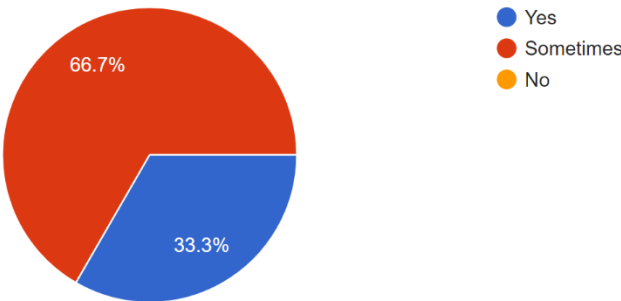


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12 responses

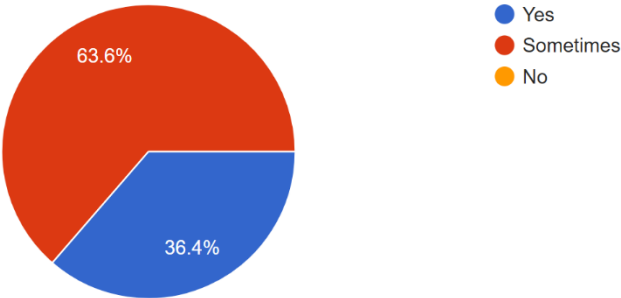


180 Day

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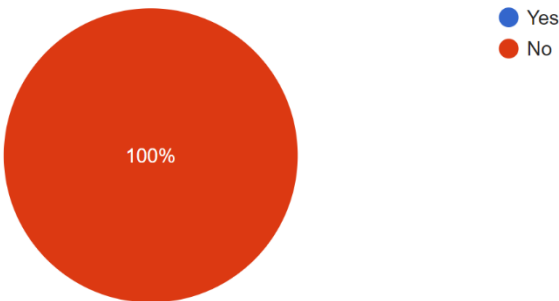
11 responses



INITIAL

I have a system for reading RSS feeds, news and email newsletters.

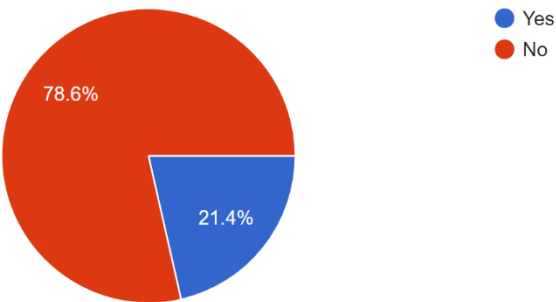
19 responses



30 Day

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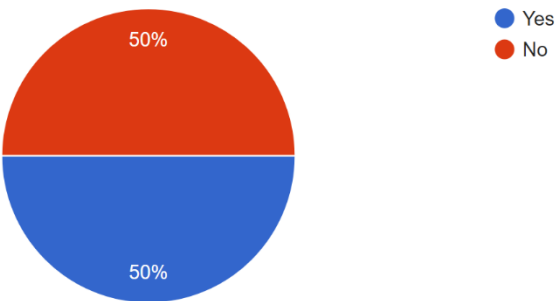
14 responses



90 Day

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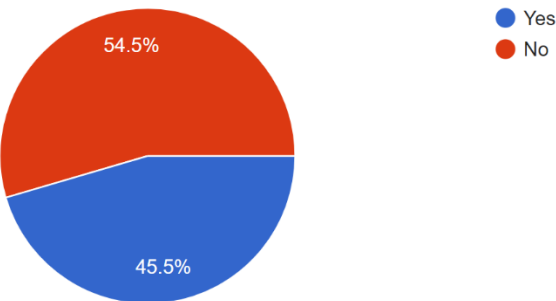
12 responses



180 Day

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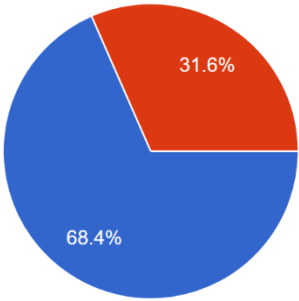
11 responses



INITIAL

I use my inbox as my task list.

19 responses

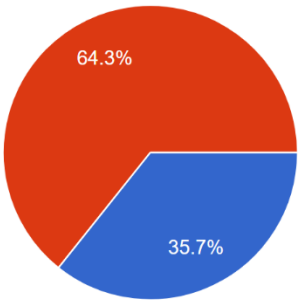


- Yes
- No

30 Day

I use my inbox as my task list.

14 responses

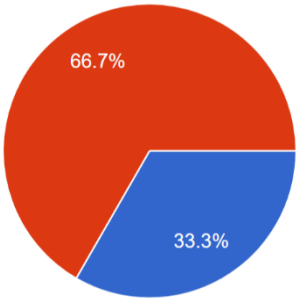


- Yes
- No

90 Day

I use my inbox as my task list.

12 responses

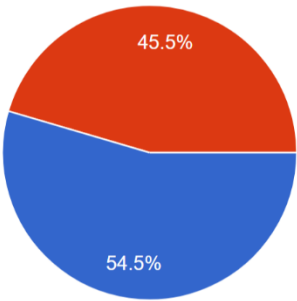


- Yes
- No

180 Day

I use my inbox as my task list.

11 responses



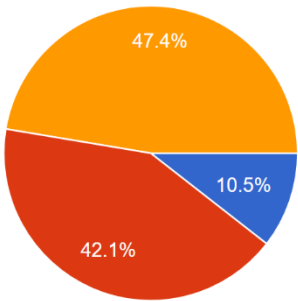
- Yes
- No

INITIAL

I check email at night and on the weekends



19 responses



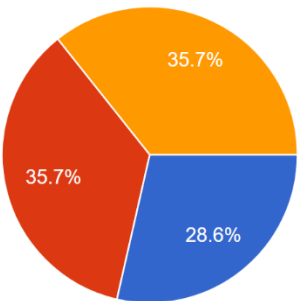
- Rarely, less than 1-2 times per month
- A few times a week
- Almost daily

30 Day

I check email at night and on the weekends.



14 responses



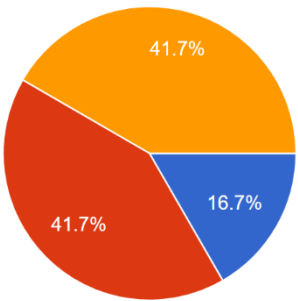
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90 Day

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12 responses



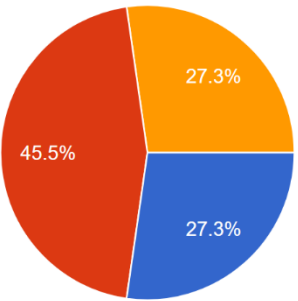
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180 Day

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11 responses

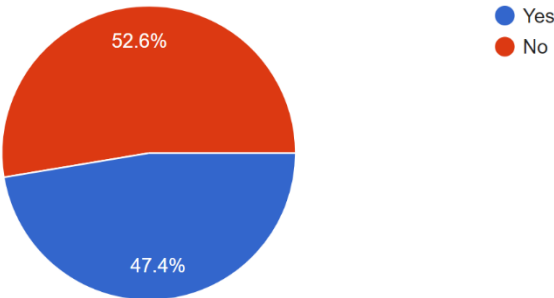


- Rarely, less than 1-2 times per month
- A few times a week
- Almost daily

INITIAL

When I take a day off I am able to unplug.

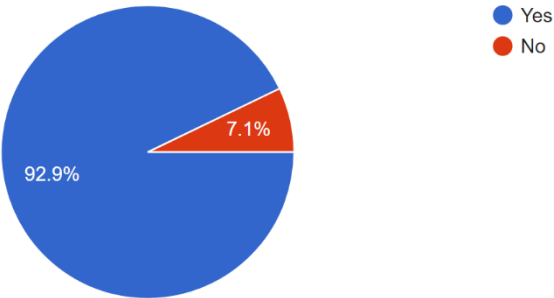
19 responses



30 Day

When I take a day off I am able to unplug.

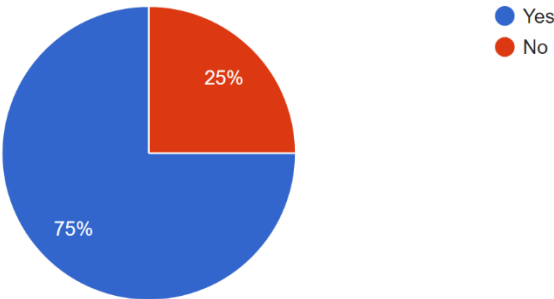
14 responses



90 Day

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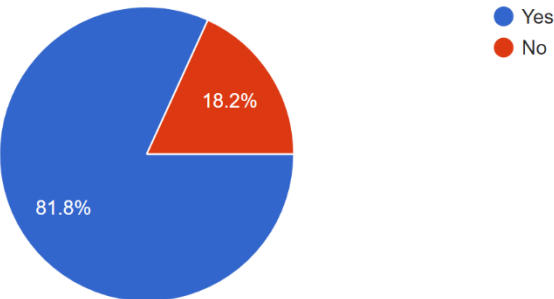
12 responses



180 Day

When I take a day off I am able to unplug.

11 responses

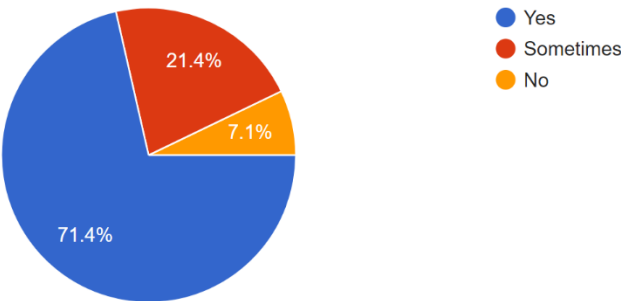




30 Day

I am intentional about subject lines for the recipient and me to action or search later.

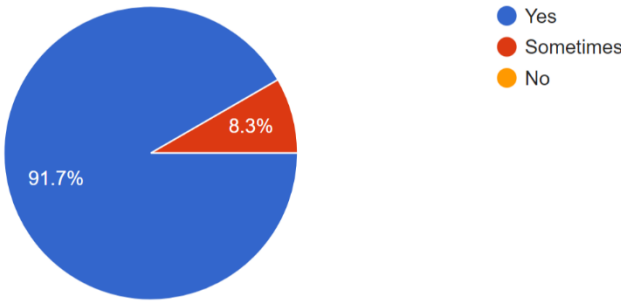
14 responses



90 Day

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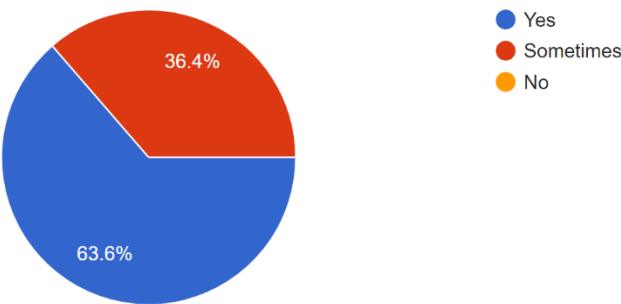
12 responses




180 Day

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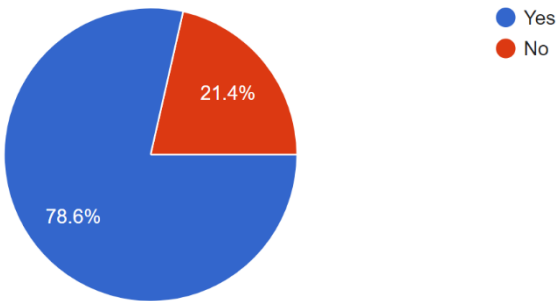
11 responses




30 Day

I have decreased the use of Ok or Thanks as email acknowledgements. 

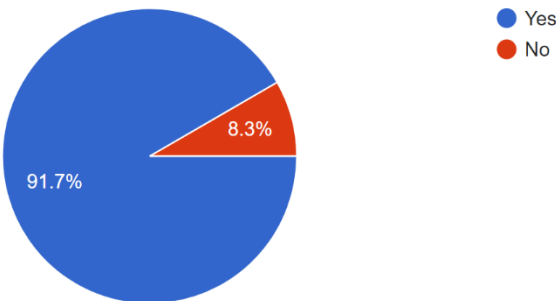
14 responses




90 Day

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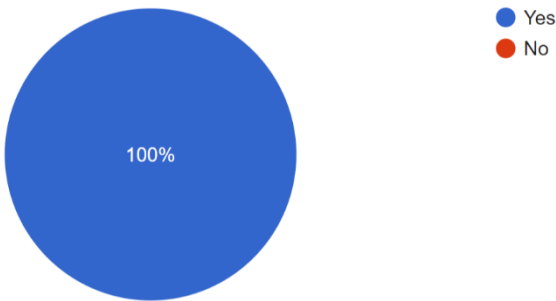
12 responses



180 Day

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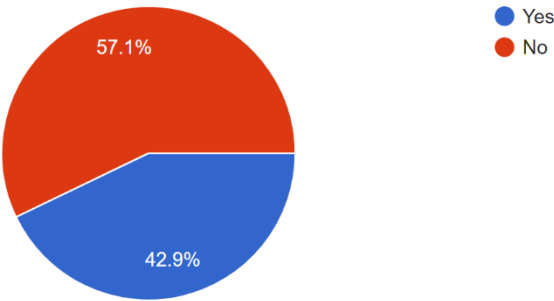
11 responses



30 Day

I have experienced a difference in our team communication since taking the Email Extinguisher course.

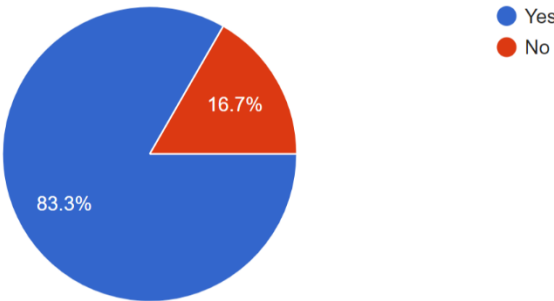
14 responses



90 Day

I have experienced a difference in our team communication since taking the Email Extinguisher course.

12 responses



180 Day

I have experienced a difference in our team communication since taking the Email Extinguisher course.

11 responses

