

On what side of the **stress curve** are you?

GTD[®] reduces your stress to an optimal level and increases your productivity

The main stress contributors for knowledge workers are mismanaged expectations. When expectations, whether they are set by yourself or by others, exceed your ability to manage them, your stress levels soar, and bring you to the wrong side of the stress curve.

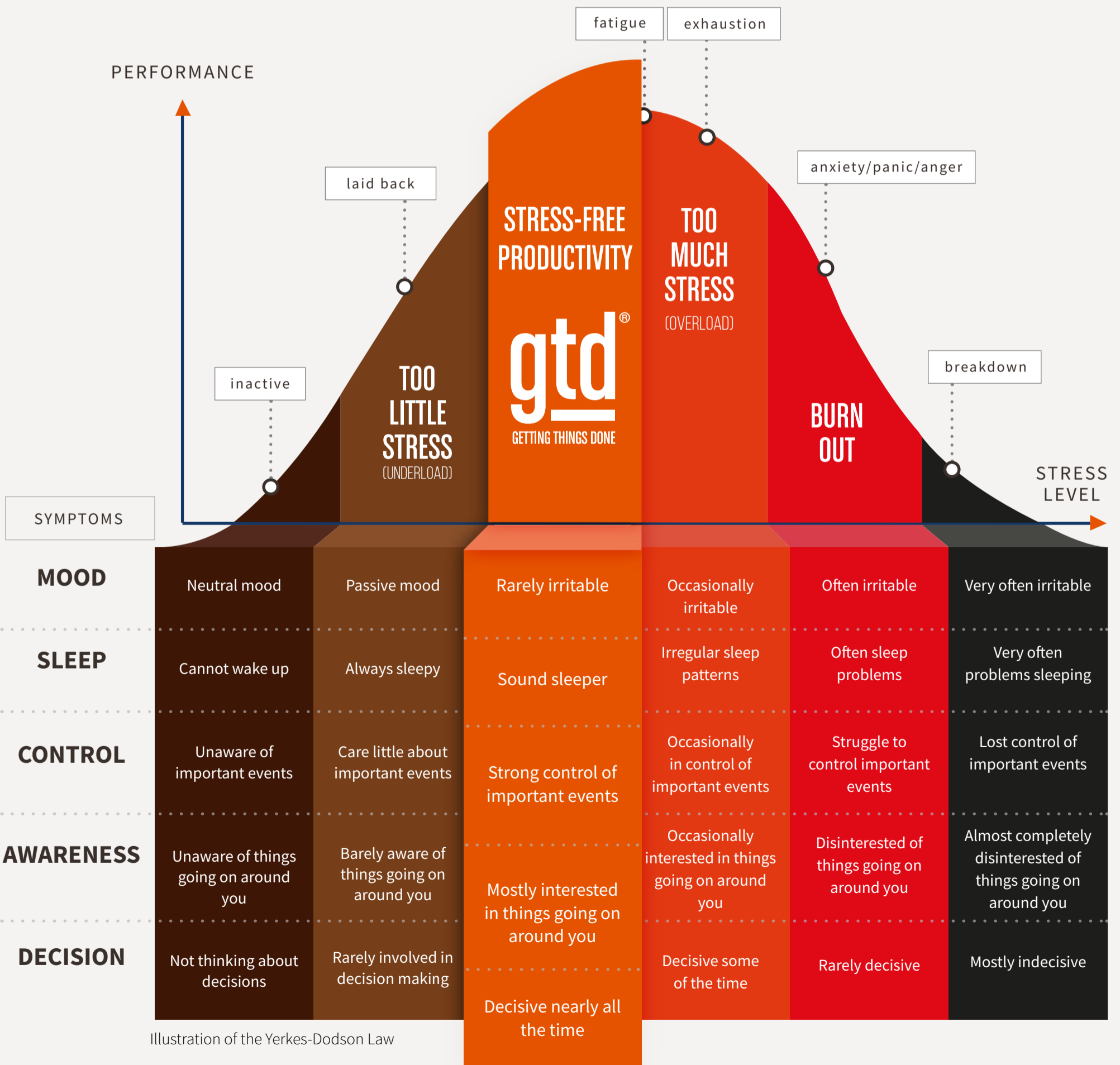


Illustration of the Yerkes-Dodson Law