

The Empty Email Inbox Formula...

Discover The *Proven* Formula That Helps Internet Business Owners **Eliminate** Email Overload In 10 Minutes Or Less Per Day, Guaranteed...



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By *Gavin Mountford*

(The Internet Business Productivity Guy)

EmptyEmailInbox.com

DoubleYourBusinessProductivity.com

IMPORTANT NOTICE - This Special Report comes with a 5 part video series to show you EXACTLY how to implement the formula...

Before you read this report, **click below to get FULL access** to the 5 part video series and other resources to help you keep your inbox EMPTY & implement this formula...

[Click Here To Get VIP Access To The Empty Email Inbox Formula Website](#)

Congratulations!

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Greetings!

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Hot Tip: If you would like to learn how to make this report your 24/7 “Digital Sales Machine” then be sure to read the [last page](#) for full details.



About Gavin Mountford

After making £10,000 per month very early on with one of his first Internet businesses & then losing that money due to lack of focus, purpose and passion... Gavin set out on a mission...

To find his passion, purpose and point of focus & help others do the same!

On his journey he saw thousands of other people *struggling online* who were overwhelmed, frustrated and had way too much to do to build their business successfully.

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Gavin's mission was to **reach out to these people** with his life changing Internet Business Productivity courses to help them succeed and live a *balanced lifestyle* while building up their business online.

Gavin pressed on and he's been earning a full-time living online since February 2006. He specializes in teaching frustrated & overloaded entrepreneurs how-to get the right things done, **double their business productivity** & *increase their income* dramatically.

A few of his best-selling products and services which have helped thousands of people include:

[The Empty Email Inbox Formula](#)

[The Results Machine](#)

[Double Your Business Productivity](#)

[Do What You Love For Your Living](#)

Gavin and his wife, Pippa, live in London with their young daughter Lottie. When away from the office, Gavin enjoys hanging out with his marketing friends, running long distances, spending time with his family, raising money for charity, playing the guitar, and practicing his martial arts.

Hey, Gavin Mountford here...

My customers call me The Internet Business Productivity Guy because that's what I do... help Internet business owners **eliminate the information overload**, manage their time better, and double their productivity so they can increase their income...

So you want an empty email inbox eh?

Wouldn't it be great to have an **empty email inbox** on a daily basis?

Can you IMAGINE what it would be like if all the emails that actually came into your inbox, were exactly what you wanted to receive and you knew exactly what to do with them when they arrived?

It's actually quite liberating seeing you have **zero messages** in your inbox... and knowing *exactly* what you need to take action on quickly...

It also frees up a percentage of your brain clutter, which allows you to be more creative and more productive.

But...

4 Here's Your Biggest Challenge...

Many of the TOP email marketers are going to **hate me** for saying this... but hey, if they want to keep your ATTENTION, they need to step up their game and provide more value to you!

I'm going to spill the beans...

Because I want to HELP you take back control of your life, business and inbox!

The big challenge you have is that people are constantly fighting for your ATTENTION to get you to buy their stuff, join their business or take some kind of action with them.

So, you get **bombarded** day in, day out with emails... mostly with fluff in them!

Here's what usually happens...

You're working away on your business and you somehow find yourself in your email inbox...

No idea how that happened... but hey, while your here you best check your emails right? Who knows, someone might want you to do something for them.

As you scan through your email inbox (trying not to look at the hundreds of emails which have been there for the last 6 months) you see an email title which **catches your ATTENTION...**

So, you open it up, read the compelling email content (which is designed to get you to take ACTION on the next step), click the link, watch the video or read the content on the next page and then...

Guess what?

You submit your name and email address for more information from that person...

Good idea?

Maybe... depends on the person and the type of information...

Now, don't get me wrong... submitting your name and email address for more information is NOT a bad thing... actually it's a good thing and I do this EXACT same thing myself many times....

Information is **POWERFUL!**

But it has to be information you can actually use and implement in your business.

If it's not, then it's just mindless CLUTTER, taking up space in your brain!

Yes... the information just sits as an idea in your mind and starts to create a thought process which takes you off in a totally *different* direction in your business...

Do you know what the biggest **killer** of productivity is in your Internet Business?

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Lack of Focus...

Without doubt, it's lack of focus, and unfortunately most Internet business owners find focus incredibly hard!

Jumping from task to task, project to project, business to business... **it kills momentum** and growth...

I mean, how can you ever expect to make money and build a HUGE business online to IMPACT thousands of people and change their lives if you keep jumping from one shiny object to the next?

There are so many distractions in your day to day life, it's a wonder you ever manage to get anything done!

Life and the Internet is set up to **DISTRACT** you and take your attention away from what it is you're doing...

To combat it, you need to **take CONTROL** of the flow of information coming into your life...

Your email account is the central hub of **MUCH** of the information coming into your world!

You need to **stand guard** at the door of your mind and **STOP** the rubbish and meaningless information coming in.

If it gets through, it has the potential to **sabotage** what it is you're doing and take you off in a totally different direction in your business!

Beware...

Enemies Are Lurking In Your Email Inbox...

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So, your email inbox is the place where **ENEMIES lie un-detected**.

Your job is to weed out the rubbish so you have more **SPACE** and **TIME** for the information and people who can make the *biggest difference* in your life!

It's the place where family, friends, and people like myself who *truly* care about your success live and come to communicate with you...

It's also the place where the person who shared this special report with you will come to help you out! It's **VERY** important to *make space* for these people.

In order to succeed at this **Empty Email Inbox Game**, you first need to set yourself up for success.

If you don't set yourself up for success, then you'll just repeat the same old **NEGATIVE** habits day-in day out... (More on habits later).

So let's have a look at how you can set yourself up for success and then we'll take a look at the Empty Email Inbox Formula.

Set Yourself Up For Success (The 12 Email Success Principles)

To follow this system fully, you'll need to:...

- 1) Use **1 email inbox** or as fewer inboxes as you can get away with.
- 2) *Forward* all your email accounts to the ONE main email account (Ideally).
- 3) Create power labels or folders within your main account.
- 4) *Use filters* (but not too many).
- 5) Use an **online email** client if possible (I recommend Gmail... but Hotmail, Yahoo or others will work. If you use Outlook, that's fine too because this system will work for all email clients).
- 6) **Unsubscribe** from junk emails you NEVER read or look at (Get good at unsubscribing).
- 7) ONLY sign up for email lists which **compliment** what you are doing.
- 8) Open up a *2nd email account* for all 'spy' & research emails.
- 9) Make sure your most IMPORTANT emails come into your *main inbox* for you to read.
- 10) **Process** your emails daily (using The Empty Email Inbox Formula).
- 11) ONLY check your emails **twice** per day! (Can you handle it?).
- 12) Use **time boxing** to *limit* the amount of time you spend in your email inbox. (This is key to the success of the whole system)

Those are the 12 success principles which we'll be discussing and using in the **Empty Email Inbox Formula**...

Change Your Habits, Change Your Email...

I'm guessing you've been doing this for quite a long time now...

Subscribing to loads of lists, leaving your inbox to pile up every day and getting sidetracked by the other opportunities and businesses?

In order to CHANGE all this, you'll first need to **create some new habits**.

It's my job to help you create those NEW habits...

Let's just turn to good old Wikipedia to explain what a HABIT is first:

Habits are routines of behavior that are repeated regularly and tend to occur subconsciously. Habitual behavior often goes unnoticed in persons exhibiting it, because a person does not need to engage in self-analysis when undertaking routine tasks.

Source - [http://en.wikipedia.org/wiki/Habit_\(psychology\)](http://en.wikipedia.org/wiki/Habit_(psychology))

A new positive HABIT takes between 21-28 days to create...

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At present you will be running your emails through an **old habit pattern**... chances are you do pretty much the same thing each time you go through your emails!

In order to CHANGE your old email habits, we're going to have to **follow the email formula multiple** times to carve out the new neural pathway in your brain so it becomes automatic...

So, please don't think that you need to follow the Empty Email Inbox Formula once and your inbox will stay clean!

Oh no...

It's something you've got to do on a **DAILY basis**, and over time you'll create a positive habit from it.

It's also only usually possible to create 1 habit at a time... and it takes 21-28 days to start to create that habit...

So, if you're trying to get up earlier than usual right now, or start a new exercise program and get your emails under control (all at the SAME time)... I recommend just focus on one of those habits first!

Turn it into a HABIT. (Something you do every day without thinking about it)... and then work on the next habit.

It's much easier to establish empowering habits when you do them **one at a time**...

So, I'd like you to think of the whole Empty Email Inbox Formula as a SINGLE habit.

Here are the components of the Empty Email Inbox Formula habit...

- Only check your emails **twice** per day.
- Reply to 2 minute emails quickly.
- Keep your email replies short.
- ONLY subscribe to *valuable* information.
- **Unsubscribe** from junk on a daily basis.
- Process your inbox every day to **empty**.
- **Separate** your emails into Reference, Action, Waiting For, Delete etc.
- Every time you check your emails, make sure you *process* your inbox.
- Treat each email as though it's just as *important* as the next.
- Use **time boxing** to *limit* the amount of time you spend in your email inbox. (This is key to the success of the system)

Your inbox needs to become a SACRED place.

9 A place you want to go... and a place where you feel good in because it's a place that people who are going to help you along your journey will come to give you news, updates, resources, and value...

Ok, so here's the actual **Empty Email Inbox Formula** you've been waiting for...

The Empty Email Inbox Formula

The Empty Email Inbox Formula is **simple, easy and fun...** but like anything worthwhile, it'll take a little bit of practice first!

The Empty Email Inbox Formula has **3 phases to it...** Each phase you need to do separately and at a different time.

If you try to do all 3 phases at the same time, then the system will break down and you'll get sidetracked by other things...

Here are the 3 phases:

- **Phase 1** - *Process*
- **Phase 2** - *Action*
- **Phase 3** - *Review*

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So, let's take a closer look at the steps in each of the phases...

Phase 1 - Process

- 1) **Check** - 2 times per day go through your email inbox and decide what to do with those emails.
- 2) **Scan** - your email inbox from bottom to top so you go through the oldest emails first... (it's important to do this because there may be something important or urgent which you hadn't noticed lurking at the bottom...)
- 3) **Decide** - Look at each email as an individual email and decide what to do with it. Don't favour some emails over others and don't avoid certain emails and leave them sitting there. Instead make sure you process each email one by one...
- 4) **Do it** - If it's going to take less than 2 minutes to reply to - Open up the email, hit reply and send a QUICK reply back to that person...

- 5) **Delete it** - If it's spam, junk, or rubbish which you're not interested in, then delete it. (But, BEFORE you delete it, make sure you **unsubscribe** from it first)
- 6) **Delegate it** - If it's for someone else to do, either move it to your @delegate folder or forward it on to the specific person who needs to do the task...
- 7) **Reference it** - If it needs filing, make sure you reference it (see power labels) so you can go back and find it later if necessary (search)...
- 8) **@Action it** - If it's an email which has an action in it which you need to do but will take you longer than 2 mins... move it to your @Action folder to do in phase 2...
- 9) **@Waiting-For** - If you reply to an email, or send an email to someone which you will be waiting for a reply from them... make sure you bcc yourself into the email so you get a copy of it. You then add it to your @Waiting-For list which you'll check and go through once per week
- 10) **@To-Read** - If there is any information or literature you need to read, then add it to an @To-Read label. (Don't try to consume and read the information while you are processing your emails). Schedule time later to go through all your To-Read items...

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Phase 2 - Action

So in phase 1, you've *unsubscribed* from and deleted a load of junk, you've replied to 2 minute or less emails, you've referenced all necessary emails, you've moved actionable emails to @Action, and emails you are waiting for to your @Waiting-For label etc.

It's now time for you to go through and **DO all your emails** in your @Action folder

I usually do this 2-3 times per week unless the emails are URGENT.

So 2-3 times per week, I'll set aside a 1-2 hour block of time to DO the actionable tasks from each of the emails within the @Action folder.

The BIG problem most people face is that they try to DO tasks and @Action items the *same time* as they are processing their emails (phase 1).

This is a big mistake!

What usually happens is that you start to process your emails and then get caught up in the actions and tasks, and before you know it, you're on Facebook or doing something totally different...

So, **SEPARATE** phase 1 (processing) and phase 2 (Doing).

That brings us on to the final phase, which is...

Phase 3 - Review

This review stage is done **once per week**. I usually do this on a Friday afternoon to wrap up for the week.

My email review is actually part of a much larger review I go through on a weekly basis. (Which I talk about much more in my full [Double Your Business Productivity](#) course)...

For this though, let's just **focus** on reviewing your inbox.

12 When I review my emails, **I clear my inbox** (process), I make sure there are no @Action emails left in my @Action label and I go through my @Waiting-For label.

Here's how the @Waiting-For label works...

Let's say you've sent a support request to someone to help you with part of your website. So you BCC'd yourself into the email you sent and moved it to the @Waiting-For label.

On Friday you noticed that the support team still **hasn't replied** to you yet and it's been over 7 days.

You also notice that you are waiting for your graphic designer to send you some graphics and your outsource worker to send you some information on a project you need to move on with.

Because you are tracking these waiting for's in your @Waiting-For label, you can *send a quick email* again off to each of these people to **remind** them that you are waiting for them to do something so you can move the project forward.

If you **DO NOT** track these items then you'll forget about them and it could cost you dearly!

That's it... those are the 3 phases of the system!

Simple eh?

So, to get started, let's take a look at...

How-To Set Up Your System Correctly

If you're ready to DIVE in, let's take a little bit of time now to set up your system correctly...

There are 4 steps for setting up your system:

- 1) **Create** your email account
- 2) **Set-up** your power labels or folders
- 3) **Filter** out unwanted email or trash
- 4) **Streamline** Your Process (Redirect All Email Accounts Into One)

I'll explain each one in a little more detail below...

1. Create Your Email Account

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I'm guessing you've already got an email account set up, or two, or three, or four...

You have 2 options here:

1. You can continue to use your **existing** account and get it under control...
2. You can choose to set up a **BRAND new** account and start from scratch...

If you decided to start from scratch, you could import all the emails from your other accounts into the new one if you'd like. It'll make it much easier this way...

I personally recommend and use [Gmail](#). It means I can access it from any computer, from anywhere in the world.

Many years ago I used [Microsoft Outlook](#) and Outlook Express but I found I couldn't access it from other computers... which meant when I was on my laptop, I had a different system...

The Empty Email Inbox Formula will work with ANY email system, so don't feel you have to change to Gmail... it's just my recommendation.

It's also what I'm going to demonstrate to you in the tutorial video's on the [EmptyEmailInbox.com](#) site...

2. Set Up Your Power Labels / Folders

Labels or Folders in your email account allow you to move your emails and file them into different places depending on what you need to do with each email.

As long as you know what each label is used for and you have a **process** in your mind to deal with the emails that come in to your inbox, then this will work very well.

You'll want to set up your labels in **advance...**

Labels are very powerful. The main ones I have are:

- @Action
- @Waiting-For
- @To-Read
- @Delegate
- R/Reference (I have multiple R/ Labels for different topics)

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The reason I use the @ symbol is that it makes that label appear at the top of my labels rather than half way down because symbols appear higher than numbers. You could also call it 1-Action if you wanted to.

@Action Label

Remember, you'll want to put all the items you need to do later into your @Action label. My @Action is for tasks I need to do for my life and business...

I keep them all in one @Action place, but using Gmail, you could create multiple @Action labels for different areas of your life and NEST them under one main @Action label.

Personally I wouldn't recommend this because if you have multiple @Action labels then you may struggle to check them all and get them all done.

I also use a to-do list/planner which I won't discuss in this report, but will do in the future...

@Waiting-For Label

As I explained before... when you send an email off to someone and you are waiting for them to get back to you about something important, then BCC yourself into the conversation, or just go into your sent items after you've sent it and apply the @Waiting-For label to it.

This way, when you do your **weekly review**... (you will do your weekly review won't you?), you'll be able to see which emails you're still waiting for replies from and follow up appropriately...

@To-Read Label

Any emails you've received which you need to read some information, watch videos or read documents gets tagged with the @To-Read label.

Again, set aside 1-2 hours once or twice per week to go through and read all the information in your @To-Read label.

If you can set aside **DIFFERENT** times for different activities rather than trying to do everything at the same time, you'll become so much **more productive** and will achieve a LOT more!

@Delegate Label

If you work with a team of people, and something comes in to your inbox which you need to send over to a co-worker or an outsource worker but you don't have time to do the necessary work to get it set up right now (I.E. it's going to take longer than 2 minutes)...

Then apply the @Delegate label and when you do your **phase 2** action later, you can sort out everything that needs to be done for it and then send the email over to the appropriate person...

R/Reference Label

My other labels are R/label – The R/ Stands for reference, and to be honest, whilst I have about 50 labels to add my emails to... **you actually only need R/Reference.**

1 (one) R/Reference label is enough to put all your reference material in it. Gmail has a fantastic search facility which can find pretty much every email you ever received if you search for it by keyword.

I personally use multiple R/ labels so when I'm looking for an specific email, I can go straight to that label and then search within it, but it's up to you...

Here are just a few of the R/ labels I have in my system:

R/Support (To reference all support related emails)

R/Income (To reference all my income emails)

R/Receipts (To reference all my receipts & expenses)

R/Exercise (To reference all exercise related emails)

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I have R/ labels for different people who's emails I like to keep... also for different domains I run etc... so you can be pretty **creative** with your labels.

Chances are though, once you've moved something to a R/Reference label, *you won't look at it again...* unless you need to search for something specific...

So, **don't** go putting important emails that you need to do stuff with in your R/Reference labels... make sure those emails get tagged with your other tags...

3. Filter Out Unwanted Email (Trash!)

Again, Gmail and most of the other web based email accounts have excellent filters... all you need to do is create some rules and you can direct your emails to go into certain folders/labels, avoid your inbox, or be deleted altogether...

Use filters sparingly if possible.

If you accidentally use a word to trigger the filter, then important emails will end up in the wrong labels/folders and you won't see them again.

Let's say you decided to automatically filter emails from Gavin Mountford (me) to put them into a R/GavinMountford label. (**Don't do this by the way as you'll miss my most important trainings...**)

Now, each time I send you an email, it skips your inbox and goes into the R/GavinMountford label.

I don't recommend doing this because I will be sending you something important and you'll forget to go into the R/GavinMountford label to read them... or worse still, you might be waiting for an email from me...

And because it's been filtered, you never see it. Which means you **missed** the IMPORTANT lesson I was going to teach you for the day/week.

So use automatic filters occasionally...

If you do your job right and unsubscribe from email lists you don't want anymore, then you shouldn't need to filter much...

However, I would RECOMMEND you STAY SUBSCRIBED to my email list (as long as I offer you value) and use a label for Gavin Mountford emails.

17 Just set up a R/GavinMountford label, and when you are going through your **phase 1 - processing**, you can decide what needs to be done with my email...

Then, once you've done it **and taken ACTION on it**, you can move me to the R/GavinMountford label for future reference...

Deal?

Rule of Thumb: If you get value from the newsletter, or emails... then don't filter them. Just manually decide what you need to do with each one and make that decision as you're processing...

4. Streamline Your Process (Redirect All Email Accounts Into One)

As I touched on before... it takes **time and attention** to keep switching between different email accounts to check emails.

Many Internet Business owners have a minimum of 3 email accounts, either with Gmail, Hotmail, Yahoo... plus they have a Facebook email account, a Ning email account, an Outlook email system and they wonder why they're *overwhelmed*...

So my advice is to use as fewer inboxes as you can get away with.

Using a web based email client such as Gmail, Hotmail or Yahoo, or even using Outlook... you can filter ALL your emails into one account.

Then you've effectively cut down the time you needed to check multiple accounts dramatically...

You **won't miss** important emails anymore because they will ALL come to the same account.

If you've got a MASS of emails coming into your accounts, then the problem isn't that you need to separate your emails and create multiple accounts... *the problem is that you need to manage those emails more effectively.*

You can do this by using POP 3 to bring in your other accounts into one inbox...

Use POP 3 To Import Your Emails...

18 Most email accounts and website email addresses allow you to IMPORT your emails into another service via POP3, and also allows you to send your emails from the specific email address.

So in my Gmail account, I'm able to collect emails from all my websites, and several other Gmail and Hotmail accounts.

I probably have between 10-15 separate email accounts for different website domains I own and various businesses but they ALL come into the **one email inbox!**

I show you how to do this in the video's I've created in the [membership area](#).

The Empty Email Inbox Formula Works Perfectly...

Once you've implemented this strategy into your workflow, it will work perfectly... but **ONLY** if you follow the steps and **turn it into a HABIT!**

The other problem you will encounter is that... if you don't **CHANGE your behaviour** and you continue to sign up for ALL newsletters and opt-in lists available, then you'll *quickly* get **overwhelmed** again...

So, I wanted to give you a little bit of advice from my experience to help you decide what you should subscribe to and what you should leave alone.

Here goes...

There are 2 types of emails/info product you'll come across and in order to *protect yourself* from a bombardment of emails, you need to know the difference and be **HAPPY** with the decision you make.

1. Information you can use **RIGHT now** (which ties in with your direction)
2. Information you will use in **the future** (which ties in with your direction)

If possible **ONLY** buy courses which tie in with the main direction you're going, or something which *compliments* what you are doing.

19 If you see something you like the look of which doesn't take you closer towards your main goal, then **DON'T** opt-in or buy the course... simple as that.

Here's an example...

Let's say you're trying to build a business on the Internet and make money online, and you have a very specific niche.

As you're going about your daily work, you come across a totally different business concept...

Which if you opted in for and bought the course, it would take you in a *totally different direction*...

What should you do? Opt-in or not?

You should stand **FIRM** and say **NO!**

It's just going to clutter up your inbox, and you might end up spending money you couldn't afford on something that makes you **switch your focus again!**

The last thing you want is to be pulled in several directions. Your goal is to keep focused and to build a big business online.

Just remember... if it compliments what you are doing and could create **LEVERAGE** for you, then opt-in for it...

Here's another example...

Let's say you're trying to build a business on the Internet and make money online, and you come across one of my productivity or time management courses or software...

What should you do? Opt-in or not?

Well, of course you SHOULD opt-in because time management and productivity are **ESSENTIAL** skills you need to be able to build a business online.

I mean, if you can't manage your time effectively, focus 100% and get things done, then how will you ever build a business or **make money**?

The second type of information is information you'll be able to **use in the future**.

When you buy a course or opt-in for a newsletter, if you can't implement the information right now, then say to yourself... "this is valuable information and I'll use it when I get to that time in my business"

So it's ok to buy information products you can't use right now in your business but you know it's still **taking you in the right direction** and you'll be able to *use it later*.

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Heck, I've got a whole shelf full and folders full of info products I've bought which I haven't fully gone through yet because I tend to go through and pull out the bits of info I need at the time I need it...

Many times there are **SPECIAL** offers on products so you **have to buy them** then and there... but the difference is... don't pretend to yourself that if you buy the course you'll go through it **NOW**, when deep down you know you won't.

If you pretend to yourself, then you violate trust within yourself and it causes negative thoughts and energy...

I've spent £60,000+ on information products and mentoring over the last 5 years because it's the **MOST** important way to **grow and build a business**...

ALWAYS invest in yourself... just make sure you implement the information you learn and you'll **FAST** track yourself to success...

Email is your friend, but make sure you use it and it doesn't use you!

Take control of your inbox and **YOU** decide what you subscribe to, rather than having your buttons pushed.

In order to help me control the sheer amount of information entering into my life, I designed 3 powerful questions to keep the time wasting emails out of my inbox. I ask myself these questions every time I opt-in to, or buy a course...

The 3 Personal Power Questions To Keep The *Time Wasters* Out Of Your Inbox Forever!

Before you opt-in to another newsletter or list again, take a deep breath and ask yourself these 3 questions...

1. Do I need this right now?
2. Can I implement this right now in my business or will this be for later?
3. Will this keep my focus on my main goal?

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Let's try it now shall we?

And, I don't mind what your answer is...

Although **I've helped you** here haven't I rather than wasted you time?

Remember we talked about LACK of FOCUS being the BIGGEST problem for most people online, and maybe even for you?

And when you're trying to do your work and tasks each day online, it's so easy to get distracted isn't it?

Well, I used to experience the EXACT same thing... I was frustrated, overwhelmed and lost focus very quickly...

My productivity was suffering because of it!

So I came up with an almost almost-MAGICAL, **simple & easy 3-step-formula**, to help me get more things done in my Internet business...

And more importantly, it allows me to stay FOCUSED on the tasks I have to do for the day.

(The 3-step-formula is based around the concept known as **Time Boxing** and is absolutely critical to the success of the whole Empty Email Inbox Formula!)

So, here's my questions to you...

- Has this report **helped you** so far?
- Has what I've given you (for FREE) been **valuable**? (I hope so, it's valued at \$97)
- Do you trust that I give you **good quality** information?
- Would you like to learn how to focus and *get more things done* every day in your Internet Business?

If the answer is YES to one or more of the above questions, then I've created a special report... (a bit similar to this one), which explains...

[The Almost-Magical, Simple & Easy 3-Step-Formula, 100% Guaranteed to Help You Get More Things Done in Your Internet Business...](#)

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Just click the link above, watch the 2 minute video and follow the instructions...

BUT... there is ONE thing I want you to do first...

This will help you practice what I've been teaching you!

Ask yourself these 3 questions **BEFORE** you opt-in.

1. Do I need this right now?
2. Can I implement this right now in my business or will this be for later?
3. Will this keep my focus on my main goal?

If the answer is yes to the above questions and you know **I'm NOT** going to waste your time, then go through the process and we can continue our journey together...

I sure would like the opportunity to teach you my methods of making money online... I.E. **doing what you LOVE to do**, and working on the most important parts of your business rather than messing around with the *non productive* tasks...

I'm so humbled by your willingness to give me a little bit of your time and to let me teach you The **Empty Email Inbox Formula**...

I sincerely hope you'll IMPLEMENT this into your workflow and that it helps you get clear & current and allows you to remove just a little bit of that *information overload* you must be feeling on a regular basis!

While we're on that subject...

Do you know anyone else who might be overloaded by their email inbox and information coming into their life?

If so,

23 Here's How to Fight Back Against The Time Wasters & *Help* Other People...

All you need to do is **share this special report** with your friends, work colleagues, downline, and business associates... in fact, feel free to share it with ANYONE who you think might be able to benefit from it.

You and I are a TEAM now... fighting back against the all the junk that comes into your email inbox...

But I can't do this all on my own... I can only reach so many people with this message, so it's up to YOU to reach out and help other people in a similar situation.

But, I'd like to do one other thing to make sharing this report worth your while... and that's help you **make some extra money** in the process...

Would some extra cash help you while following a worthwhile cause?

You may already know I've got several information products all based on productivity, time management, leverage, creating information products & making money online etc which have changed many people's lives...

[Click here for the details...](#) (below)

Take The 14 Day Empty Email Inbox Challenge - (Can You Do It?)

Ok, here's the deal...

Remember that a HABIT takes between 21-28 days to build, and in order to successfully implement The Empty Email Inbox Formula into your daily routine, **you MUST turn the process into a habit.**

So, in order to HELP you with this, I've created a 14 day challenge so I can be there by your side as you turn this into a habit & **MASTER the art** of the Empty Email Inbox...

I can almost hear you saying to yourself, NO... not another email course, lol...

24 Let me just tell you now that I won't promote rubbish to you and what I share with you will help you *implement* this process so it becomes ingrained in you!

You'll also learn how to opt-out of the emails I send, so if you don't like it, **then just opt-out!**

(I don't hear too many marketers telling their clients to opt-out if they don't like their emails, do you?)

So, if you're up to it...

[Click Here To Take The 14 Day Empty Email Inbox Challenge](#)

Take The *14 Day Empty Email Inbox Challenge* Click The Connect to Facebook Button Below...

...and follow the instructions on the next screen.



I look forward to seeing you on the other side!

Your Friend & Time Saver,
Gavin Mountford

How To Make This Report Your 24/7 “Digital Sales Machine!”

I hope you enjoyed this free report and picked up your copy of [The Results Machine](#).

Before you rush off to share this report with your Facebook friends and Twitter followers, let me ask you a question...

Would you like to **get paid a commission** when the people you share this report with also buy The Results Machine & Double Your Business Productivity?

If so, then all you have to do is rebrand this special report with your affiliate ID before sharing it with others. That's it. You can then post it to your blog, share it on Facebook and Twitter, or even use it to **build your list**.

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And here's the best part...

Your readers will also receive “giveaway rights” to this report. Which means, if they give it away without rebranding it (and many will) you'll get paid commissions on ALL of their referred sales as well. Example: Let's say “Stephanie” downloads your report, but does not rebrand it with her ID.

She then shares YOUR branded version with Bill who **buys The Results Machine & Double Your Business Productivity**— guess what? YOU just got paid... Cha-ching!

Get excited! Because you're about to unleash your own “**digital sales machine**” that cranks out commissions for you 24/7 (even while you sleep!)

Here's What To Do Next...

Step 1: [Sign up for an Affiliate Account for Double Your Business Productivity](#)

Step 2: Once you've signed up and have your affiliate ID, head on over to the [Empty Email Inbox Rebrander Page](#) & Brand your special report.

Step 3: Start sharing your new report with others and GET PAID!