

Anatomy of Work Index 2021 U.S. Findings



The shift to remote work has fueled chaos, resulting in longer hours, missed deadlines, and burnout. As employees search for balance, these issues can only be resolved through meaningful changes to **how** we work.

The Anatomy of Work Index 2021 reveals how organizations can bring clarity to work, reset for resilience, and flourish as they move forward.

A Snapshot of Work in the U.S.

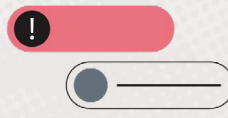
Compared to the global average, U.S. workers are:



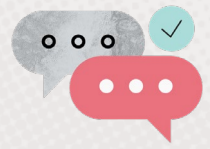
Spending more time in unnecessary meetings and on duplicated work



More likely to experience burnout



Missing the most deadlines globally

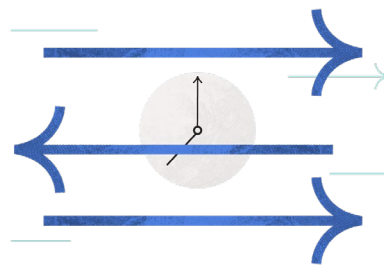
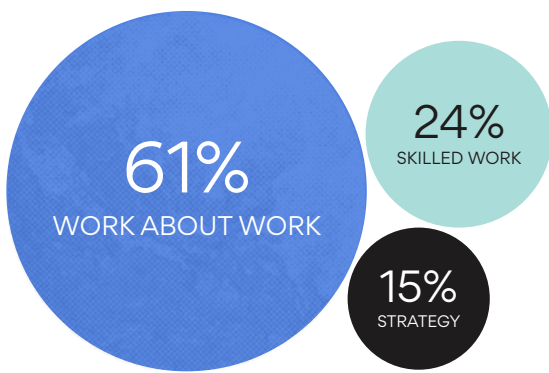


The most likely to feel 'heard' by their organization

2020: A Catalyst for Work Transformation

U.S. workers are spending 61% of their time on work about work (e.g meetings, status checks and searching for info)

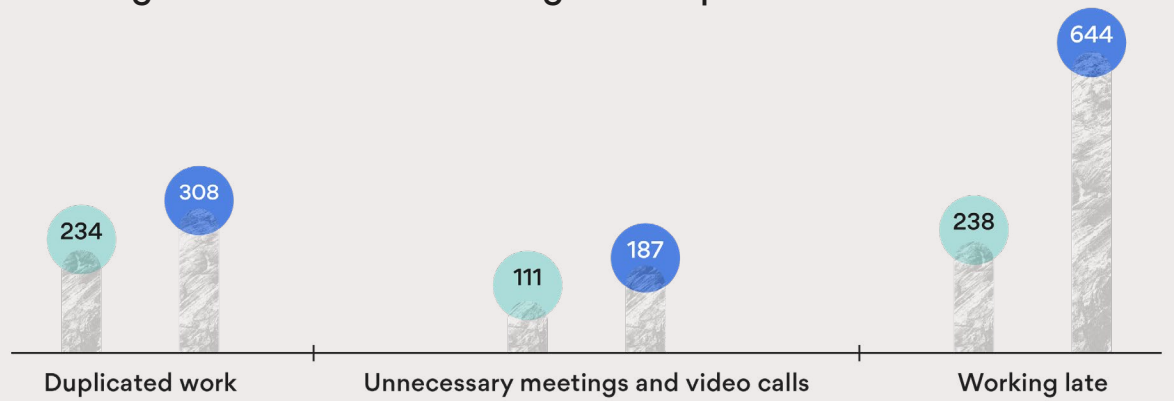
U.S. workers are using 13 apps and switching between them 30 times a day, well above the global average of 10 apps, switching 25 times



Workers highlight that constantly switching apps means they work longer hours

U.S. employees are working late and losing valuable time to meetings and duplication

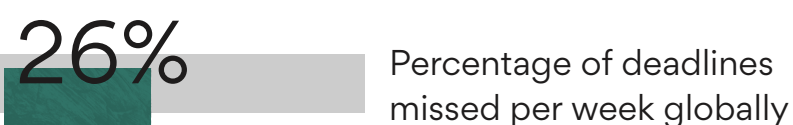
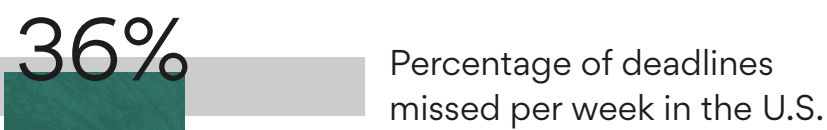
● Hours per year in 2019
● Hours per year in 2020



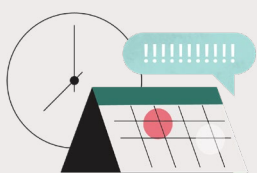
The Productivity Paradox of Distributed Work

Despite longer hours, U.S. workers are missing one in three deadlines (36%) - the most of all countries surveyed

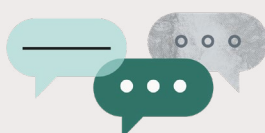
More than 9 in 10 U.S. employees are working late, up 11% year-over-year



The top 3 barriers to productivity in the U.S.



Having too many meetings and video calls



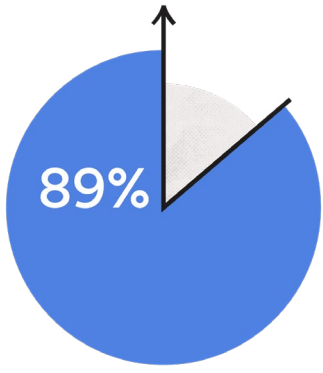
Having to respond to too many messages



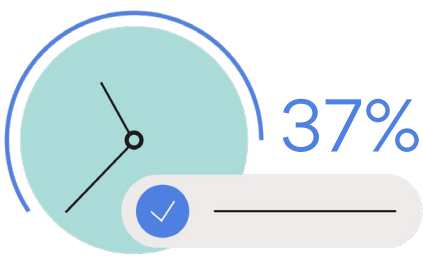
Having too much work to do

Embarking on the Resilient Work Reset

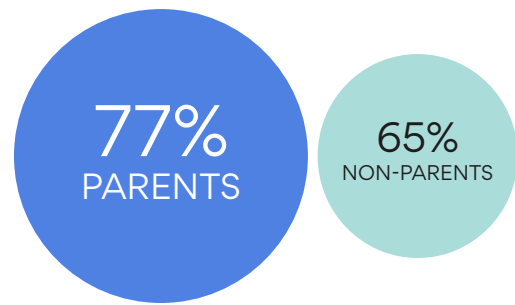
Almost 9 in 10 U.S. workers are experiencing burnout (89%), the highest proportion globally



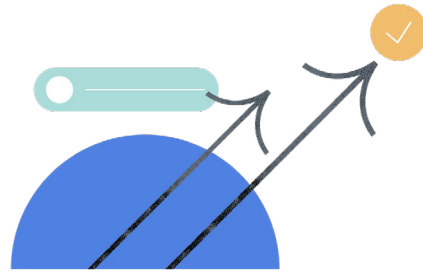
More than one-third (37%) say more flexible hours would improve remote work



3 in 4 (74%) of U.S. employees experienced imposter syndrome in 2020 - the highest across countries surveyed. Imposter syndrome is also impacting parents and caregivers at higher rates



U.S. workers believe they could save a whole working day each week—364 hours annually—by improving processes

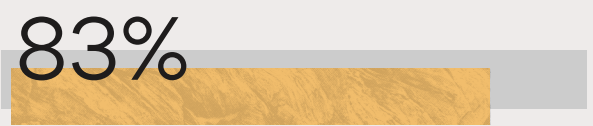


Leveling Up in the Year Ahead

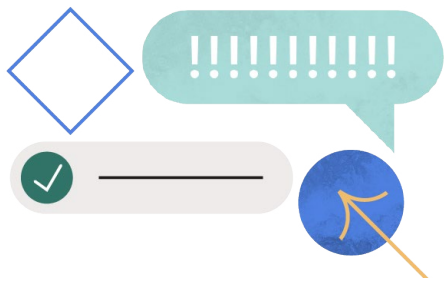
Despite a challenging year, 68% of U.S. workers feel optimistic, well above the global average of 47%

This could be related to U.S. employees feeling more heard by their organizations than any other country

83% say that flexibility will be key to being resilient in the year ahead—more than any other country



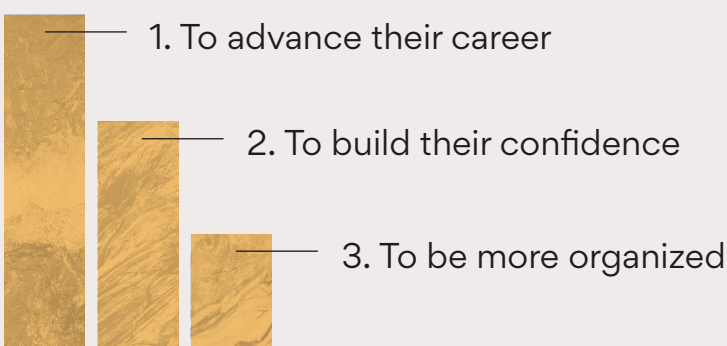
Over three-quarters (77%) say the skills needed for their job will evolve in 2021



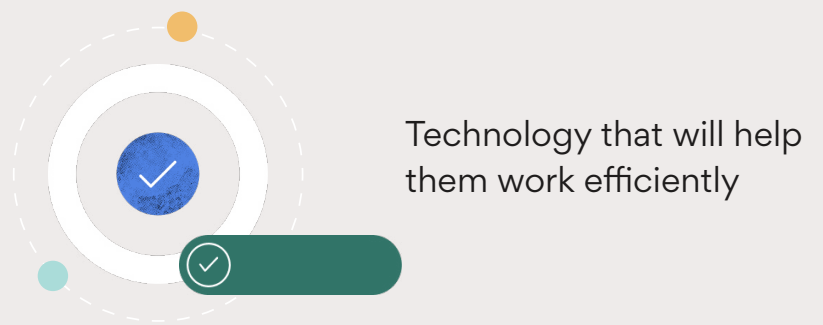
U.S. workers' top areas for development



Reflecting on future goals, employees' top work resolutions are



What do teams want most from leaders in 2021?



“

Slack is designed to serve as a critical engagement layer that increases agility and reduces productivity pitfalls like context-switching. It is our aim, alongside Asana, to build essential tools and integrations for the enterprise that empower our many joint customers to manage work more efficiently. Together we share a vision for the future of work - a future in which people's working lives are simpler, more pleasant, and more productive.

— STEVE WOOD, VP OF PLATFORMS, SLACK

About Asana

Asana helps teams orchestrate their work— from daily tasks to cross-functional strategic initiatives—while providing the alignment needed to hit their goals faster. As a living system of clarity for the entire organization, Asana helps bridge the gap between strategy and execution to ensure teams are focused on their company's most important work, no matter where they're located.

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To learn more about how your workplace can flourish in the year ahead, download the Anatomy of Work Index 2021: <https://asana.com/anatomy>.