



## The Urgency Index

Circle the number along the matrix that most closely represents your normal behaviors or attitudes regarding the statements at the left (0=Never; S=Sometimes; A=Always). Add up your points and compare it to the chart at the bottom.

	<b>N</b>		<b>S</b>		<b>A</b>
	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
1. I seem to do my best work when I am under pressure.	<input type="checkbox"/>				
2. I often blame the rush and press of external things for my failure to spend deep, introspective time with myself.	<input type="checkbox"/>				
3. I am often frustrated by the slowness of people and things around me. I hate to wait or stand in line.	<input type="checkbox"/>				
4. I feel guilty when I take time off work.	<input type="checkbox"/>				
5. I always seem to be rushing between places and events.	<input type="checkbox"/>				
6. I frequently find myself pushing people away so that I can finish a project.	<input type="checkbox"/>				
7. I feel anxious when I'm out of touch with the office for more than a few minutes.	<input type="checkbox"/>				
8. I'm often preoccupied with one thing when I'm doing something else.	<input type="checkbox"/>				
9. I'm at my best when I am handling a crisis situation.	<input type="checkbox"/>				
10. The adrenaline rush from a new crisis seems more satisfying to me than the steady accomplishment of long-term results.	<input type="checkbox"/>				
11. I often give up quality time with important people in my life to handle a crisis.	<input type="checkbox"/>				
12. I assume people will naturally understand if I have to disappoint them or let things go in order to handle a crisis.	<input type="checkbox"/>				
13. I rely on solving some crisis to give my day a sense of meaning and purpose.	<input type="checkbox"/>				
14. I often eat lunch or other meals while I work.	<input type="checkbox"/>				
15. I keep thinking that someday I'll be able to do what I really want to do.	<input type="checkbox"/>				
16. A huge stack in my "out" basket at the end of the day makes me feel like I've really been productive.	<input type="checkbox"/>				

### Scoring:

- 0-25            Low urgency mind-set
- 26-45        Strong urgency mind-set
- 46+            Urgency addiction

Taken from First Things First by Stephen R. Covey