

**Self-Examination Quiz: Please answer these four questions:**

Quiz: Are You Urgency Addicted?	Always	Often	Seldom	Never
<i>Circle the number on the right that best describes you</i>				
1. Is your day spent reacting and moving from one unexpected or pressing event to the next?	1	2	3	4
2. Do you wait until due dates to get important things done because you are overwhelmed with many competing and pressing events?	1	2	3	4
3. Do you feel frustrated at the end of the day or week realizing your most important tasks are still undone?	1	2	3	4
4. Do you frequently have to deal with issues that should have been taken care of by others?	1	2	3	4
<p><b>Total your points. Your Score =</b></p> <p><b>What it means:</b></p> <p><b>4-8 Urgency Addicted</b> <i>This is common; you have a lot of company . . . but you are still addicted</i></p> <p><b>9-12 Good Intentions</b> <i>You have experienced Q2. Keep going.</i></p> <p><b>13-14 You are a Q2 Leader</b> <i>Congratulations. Now go help others.</i></p> <p><b>15-16 You Are From Another Planet</b> <i>I wish I were you</i></p>				