

THE URGENCY INDEX (Covey)

0 = Never 1 = Rarely 2 = Sometimes 3 = Often 4 = Always

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

Total Score: _____

0-25 Low urgency mindset, 26-45 Strong urgency mindset, 46+ Urgency addiction