

Are you driven by urgency?

Y N

- ☐ ☐ I cram for tests the night before.
- ☐ ☐ I write papers the last minute before they are due.
- ☐ ☐ I am not good at organizing or planning.
- ☐ ☐ I am motivated by pressure.
- ☐ ☐ I am usually preoccupied with one thing while I am doing something else.
- ☐ ☐ I feel frustrated when people are slow; I hate to wait in line.
- ☐ ☐ I seem to rush between places and events.
- ☐ ☐ I rarely have time for myself.
- ☐ ☐ I often wish I had acted sooner.

“Yes” Scores

8–10 You definitely have an urgency problem.

5–7 You are a mild procrastinator.

**1–4 You may have some urgency issues,
but they are manageable.**