

URGENT	NOT URGENT
QUADRANT I CRISES PRESSING PROBLEMS SERIOUS HEALTH ISSUES	QUADRANT II RELATIONSHIPS NEW OPPORTUNITIES PLANNING RECREATION ALTRUISTIC ACTS MENTAL HEALTH EXERCISE
QUADRANT III MOST PHONE CALLS BALL GAME ON TV DEADLINE DRIVEN WORK INTERRUPTIONS MOST MAIL MOST MEETINGS	QUADRANT IV TRIVIA, BUSY WORK SOME MAIL TIME WASTERS TV SHOWS DRINKING/DRUGS MOST SELF-ANALYSIS VIDEO GAMES











