

### BACKGROUND

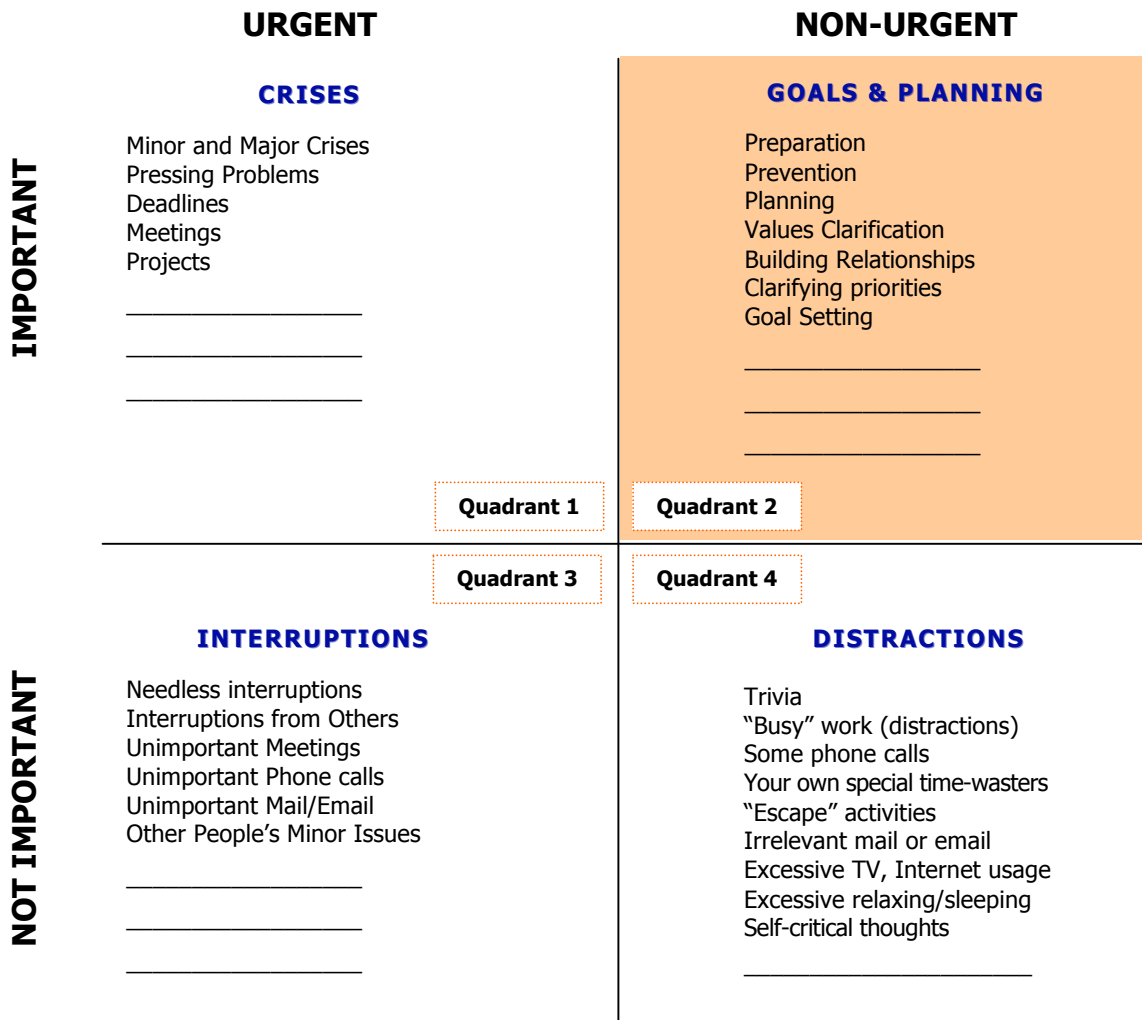
Former US President Eisenhower used the so-called "Eisenhower Principle" to organize his tasks. He is quoted as saying, "What is important is seldom urgent and what is urgent is seldom important."

Dr Stephen Covey made these concepts mainstream, calling it "The Urgent/Important Matrix" in his famous book *The 7 Habits of Highly Effective People*.

How do you spend your time? Are you constantly interrupted by others? Do you always seem to move from one crisis to another?

Time is obviously best spent in Quadrant 2 – **Important but Non-Urgent** tasks. But first:

1. List specific examples that are relevant to YOU for each quadrant and add to the blank lines below.



**REVIEW TIME:**

2. So, which quadrant do you spend MOST time in? \_\_\_\_\_

3. How does that feel? \_\_\_\_\_

**Q1 - Crises** - If you're spending most of your time here, how are you dealing with stress?

**Q2 - Goals & Planning** - Congratulations! How could you make sure you stay in this quadrant?

**Q3 - Interruptions** - If you're spending most of your time here, you may need to find ways to say "No" to others.

**Q4 - Distractions** - If you're spending most of your time here, you may need to find ways to "No" to yourself!

4. So, what's getting in the way of you managing your time better? Be specific. \_\_\_\_\_

\_\_\_\_\_

5. Where are you sabotaging yourself? \_\_\_\_\_

**GET MOTIVATED:**

6. How will your life be different if you managed your time more effectively? What's in it for you?

List all the benefits to you of managing your time better including at home, in relationships and the workplace!

\_\_\_\_\_

\_\_\_\_\_

7. What **COULD** you do differently? It's time to do some brainstorming - write all the ideas of things you could do. Note: You don't have to action them - this is a brainstorming exercise for possibilities.

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**COMMITMENT:**

It's time to identify 1-3 specific actions you will commit to. Make sure this action is something you can implement right away - or in the next day or so. Note: Only pick actions you are 100% sure you will complete - and if necessary make the action smaller until you can commit one hundred percent!

Action 1 \_\_\_\_\_

By When \_\_\_\_\_

Action 2 \_\_\_\_\_

By When \_\_\_\_\_

Action 3 \_\_\_\_\_

By When \_\_\_\_\_

The biggest thing I have learned about myself today is: \_\_\_\_\_

I am committed to achieving these actions

Signed \_\_\_\_\_

Date \_\_\_\_\_