	URGENT	NOT URGENT
IMPORTANT	Quadrant #1 "NECESSITY"	Quadrant #2 "QUALITY & PERSONAL LEADERSHIP"
	Your Key Action:  "MANAGE"  Common Activities	Your Key Action: "FOCUS"
	<ul> <li>- Crises</li> <li>- Deadline-driven activities</li> <li>- Medical emergencies</li> <li>- Other "true" emergencies</li> <li>- Pressing problems.</li> <li>- Last minute preparations</li> </ul>	Common Activities  - Preparation and planning  - Values clarification  - Empowerment  - Relationship-building  - True recreation
NOT IMPORTANT	Quadrant #3 "DECEPTION"	Quadrant #4 <b>"WASTE"</b>
	Your Key Action: "USE CAUTION or AVOID"	Your Key Action: "AVOID"
	Common Activities  - Meeting other people's priorities and expectations - Frequent interruptions: - Most emails, some calls - Urgency masquerading as importance	Common Activities - Escapist activities - Mindless tv-watching - Busywork - Junk mail - Some emails - Some calls

Adapted from Stephen Covey's "First Things First" - Covey Leadership Center, Inc. © 2003