URGENT	NOT URGENT
Activities: crises, deadlines, problems Things that require immediate attention.	II Activities: planning, preparations, preventions, building relationships
	Resultats: balance, werking from vision,
Results:stress- and crisis management	under control, discipline
III Activities: interruptions	IV Activities: leasure, relaxation,
Results: short term focus, small crisis management (usually in combination with taking up the role of victim)	Results: no responsibility, dependent on others

IMPORTANT

**NOT IMPORTANT**