Hurry Sickness Checklist

Answer yes or no for each item in the checklist. What will you do to change your behavior if you have a majority of yes responses?

Y _____ N ____ You view as less capable those in your N-S-E-W sphere who may be slower than you to speak, act, or make decisions.

Y _____ N ____ Your daily calendar is so full that if you have one unexpected delay, your whole workday leaves you late to meetings and falling further behind.

Y _____ N ____ You feel physically rundown and worn out almost every day.

Y _____ N ____ You become impatient at team meetings when someone moves off topic.

Y _____ N ____ You view “hanging out” at a team meeting as a waste of time and get antsy if you are doing nothing while others are talking about an issue you don’t care about.

Y _____ N ____ You look at the checkout lines at the grocery store and get secretly mad at yourself when you choose the slower line.

Y _____ N ____ If you have to wait more than three seconds for an Internet page to load, you start yelling at your computer screen.

Y _____ N ____ You rush to complete a proposal or task for the team and fail to check many of the details for accuracy—causing you to redo the proposal or task.

Y _____ N ____ You constantly argue with your significant other or your family about spending too much time at work.

Y _____ N ____ You make faulty assumptions about your work and family relationships, blaming others for why you can’t get everything done on time.