

## The Two Lists You Should Look at Every Morning

A study of car accidents by the Virginia Tech Transportation Institute put cameras in cars to see what happens right before an accident. They found that in 80% of crashes the driver was distracted during the three seconds preceding the incident. In other words, **they lost focus** — dialed their cell phones, changed the station on the radio, took a bite of a sandwich, maybe checked a text — and didn't notice that something changed in the world around them. Then they crashed.

The world is changing fast and if we don't stay focused on the road ahead, resisting the distractions that, while tempting, are, well, distracting, then we increase the chances of a crash.

**Now is a good time to pause, prioritize, and focus.** In order to do this, I suggest you make two lists every morning.

Read more about the two lists [here](#).