

9 Ways to Protect Your Vision

No Riding Experience Necessary

Presented by

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Riders recognize the critical importance of protecting their vision. Your eyes are not built to take wind, bugs, dust and stones, even at slow speeds. Protecting your vision on your life's Road is no different. No one else can do what you're here to do and being proactive is the best defense against the challenges you'll encounter along the way.

Eye protection, whether it's goggles or a visor, act as a barrier between your precious eyes and the hazard. If you're lucky enough to see these things coming at you at all, it's only at the last second when it's too late to avoid them.

1. **Articulate your vision.**

Lewis Carroll's quote "If you don't know where you're going, any road will get you there," illustrates the need for this. Setting your sights on where you're going is the first step to succeeding.

2. **Focus on the present.**

You're headed towards the future, not the past. It's behind you and can't impair your vision. You can create the future you want from where you are right now. The best use of the past is to see how far you've come.

3. **Watch for road construction.**

You're more likely to be struck by small bits flying off construction vehicles or gravel kicked up by other vehicles. It's even more important to protect your vision to get through the rough patches of life's Road. Construction eventually ends and you'll want full eyesight when it does.

4. **Check for scratches.**

Scratching and pitting on lenses and visors are the equivalent of carrying wounds from the past. When you accumulate too many, they become a hazard. To a rider, that means replacing them. In life, it means learning the lessons from the past and then letting them go.

5. Clean your lenses.

They protect far more than your eyes. Several years ago I broke my shoulder because I was too stubborn to stop and clear the fog from my visor. Riding through a forest trail, I didn't see the rut that catapulted me over the handlebars. Your eyes continuously receive inputs upon which you make life decisions. Make sure the information you're basing them on is factual and not distorted by unrealistic and outdated thoughts and beliefs.

6. Use eye drops.

Even with protection, eyes become dry while riding. A few drops of saline nourish, soothe and comfort tired eyes. Keep your life vision healthy by taking the time to nurture body, mind and spirit.

7. Make sure the gear fits You.

Everyone looks through their own lenses and will see things from their perspective. Well-intended as they may be, your vision is not their vision. Guides and teachers are necessary to help you learn. Ultimately, your inner guide has the best advice for you.

8. Stay positive.

It's easy to get discouraged and go off track when challenges are flying at you. Surround yourself with positive people. Although they won't see exactly what you do, that can be a benefit. They're resources and will see something you don't. All you need to do is decide whether it's relevant to your Road.

9. Respond to change.

Your vision will change over time. Physical changes affect your eyesight. New information can cause you to revise your personal vision. Stay open, receptive and prepared to act.

Being proactive is far preferable to damage control. Wearing gear that fits you, remaining alert and responding to change will protect your vision, no matter which road you're traveling.