## ATTENTION

Jumping can be like Russian Roulette

If we jump when we are:

**Tired** Rushed Hungry **Thirsty** Tense Uncurrent **Unprepared** Harassed **Distracted Saturated** Unwell Unfit Worried Hungover

**Unsure** 



... we are stacking the odds against us. We may get away with it for a while, but eventually there will be a live round in the chamber.