



Solomon Gould, OD, MBA

corticosteroid-antiinfective (I'm an eye doctor, can you blame me for being prepared?), my cell phone battery backup jet pack (I'm a millennial), and my headphones (see previous comment).

Not shown here, but among my typical armory of life essentials is my Tide To-Go Pen, which inconveniently ran out from a weekend in Chicago. What does that say about my coordination? Good thing I am not a surgeon!

Lastly, the one object that does not fall into the classification of either work and/or life essential is my lucky eyeglass tie holder, which was given to me by an audience member and is my official lecturing good luck charm. You will almost always see me wearing it.



CHRISTOPHER LOPEZ, OD

I keep my daily essentials pretty simple. You always have

to carry business cards to maximize networking opportunities. I love my Wiley X sunglasses with the foam insert, which have been a game changer for my dry eye symptoms. I keep a gym bag with me because I try to hit the gym during lunch (working out with a mask is terrible!). It sounds cheesy, but the adage is true that leaders are readers. I've been reading everything that I can get my hands on

regarding leadership, wealth building and practice and business ownership. I was hesitant to transition to a notebook that allows for electronic files to be organized and stored, but my Rocketbook smart notebook has been amazing. No more losing paper notes!



VITTORIO MENA JR, OD, MS

My work bag is a lot like my book bag from when I

was in school, and I bring it with me each day into the office. Here's what's inside: magazines and a book, which I read when I have downtime at work so I am always educating myself about new things; gummy candy, for whenever I want a quick snack; a football, just in case I want to have a catch with someone in the office or outside; sunglasses, because sun protection is something I preach to all my patients; artificial tears, because I tell my patients it's like brushing your teeth every day—the more you keep your eyes lubricated the better they will feel; a pen and a highlighter to circle or highlight the things I read in either the magazine or book I'm reading; a small tool kit to repair eyeglasses; and a head lamp, in case I ever break down while driving in the middle of the night (too many scary movies, I guess).



SEEMA NANDA, OD

You made me clean out my bag, yikes! I have absolutely no clue how old those

M&M's are, but *thank goodness* for my reliable and trusted friends, granola bars.



Christopher Lopez, OD



Pre- or post-pandemic, I always like to be prepared for whatever may happen next. You never know when you may need a level with interchangeable flat or Phillips screwdriver!

Also, who doesn't need an extralong Lightning USB cord with cube? (The battery life of both my phone and smart watch are nonexistent.) Wet ones, hand sanitizer, lotion, and artificial tears are always a must. Why a bottle of homatropine ... hmmm ... to break out that synechia when no one's looking. Wratten filter is part of the "nerd pocket protector program." 'Nuff said.

WHAT THE INSIDE OF YOUR BAG SAYS ABOUT YOU

According to a 2015 *Good Housekeeping* article, what's in your bag reveals a lot about your personality.¹ If we buy that article's guidelines, then those who carry only the bare necessities fall into the camp of *minimalists*, whereas those who haul seemingly everything but the kitchen sink might be considered *hopeless hoarders*. Then there are those of us who can't be without our sunglasses, sunscreen, phone, lip balm, perfume or cologne, etc. These individuals

are referred to as *beauty aficionados*. You're *prepared for anything* if you open your bag to find gloves, a wallet, gum, a book, a notebook, pen, pencil, phone, tissues, Tide To-Go Pen, baby wipes, keys, a charger, earbuds, or similar paraphernalia. Got your phone, watch, tablet, headphones, charger, and USB drive hanging out in the bottom of your bag? Then you're *always connected*.

What's in *your* work bag? Do any of the aforementioned labels apply to you? Are you now wondering what your other colleagues are carrying around? We thought so. ■

1. Escobar S. What the inside of your purse says about you. *Good Housekeeping*. October 9, 2015. www.goodhousekeeping.com/beauty/fashion/g2830/what-the-inside-of-your-purse-says-about-you/. Accessed July 9, 2021.

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