

Cultivate the **Power of YOUR MIND!**

Expert Habits are formed by “Deliberate Practice!”



- Find Critical Seconds
- Be In Control
- No Surprises
- Responsible
- Courteous
- Stress-free
- Enjoyable
- Smooth
- Efficient
- Safe
- No Road Rage



The objective of Driving MIND Cues is to practice strategies into habits as a pedestrian, co-driver, or motorist, and achieve all of the values that are listed on this page. Once the strategies are learned they will put you in control.

Scroll

Cultivate the Power of YOUR MIND!

Expert Habits are formed by “Deliberate Practice!”



Find Critical Seconds Be Courteous

If you have the willingness to be **Kind, Considerate,** and **Courteous** and learn how to **Find, Solve,** and **Control** the **Critical Seconds** all of these values, with practice of the Driving MIND Cues, can become yours!

- Be In Control
- No Surprises
- Responsible
- Stress-free
- Enjoyable
- Smooth
- Efficient
- Safe
- No Road Rage



Use the following **“Driving MIND Cue”** to find critical seconds to manage.

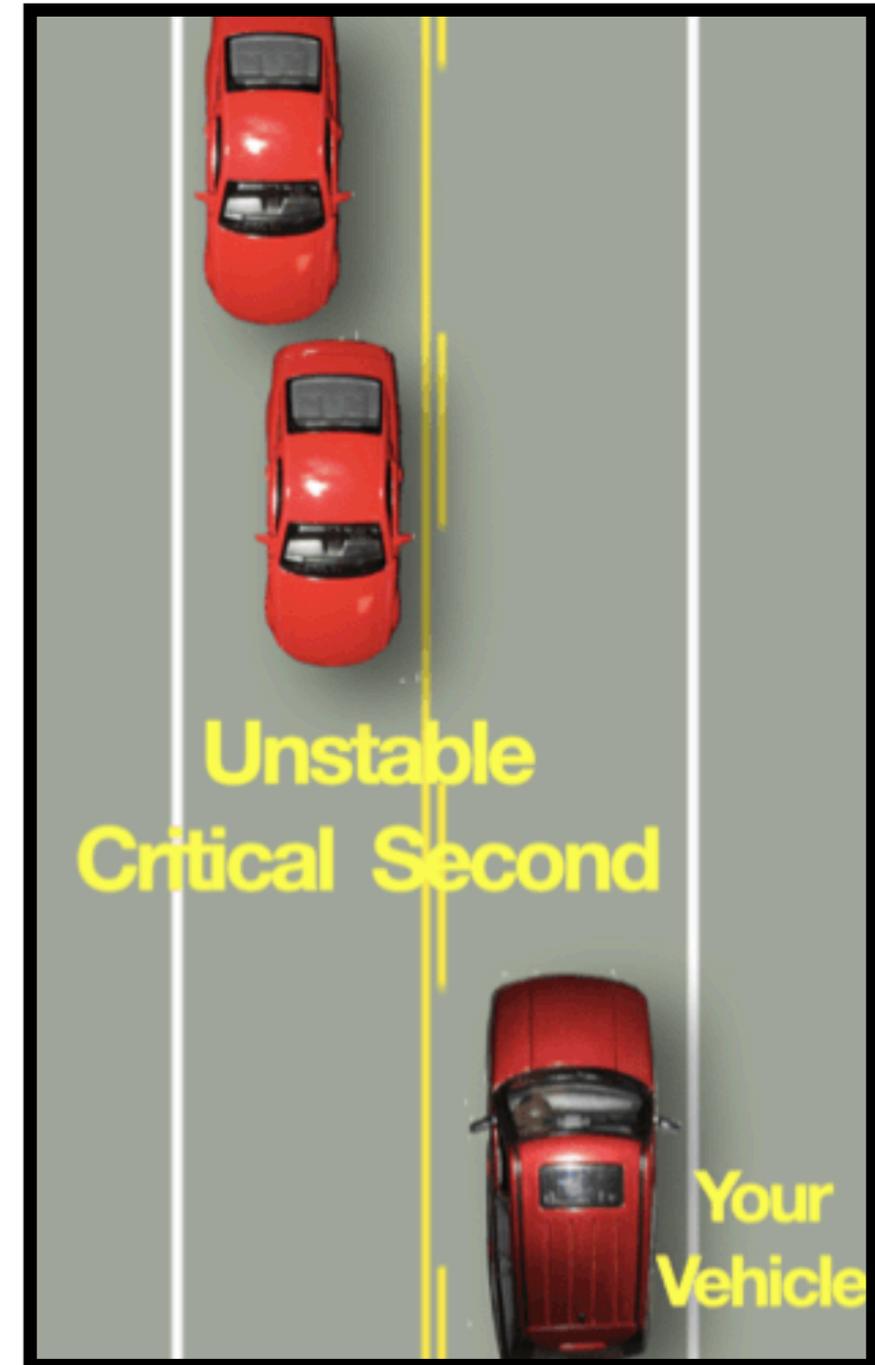
Critical Second — Practice 5-10 minutes on several days!

The “Critical Second”

The “critical second” is when other vehicles and users of the roadway are within one second of your vehicle.

It also is at the moment when a potential change in speed or direction is needed.

It’s the last second before a potential crash!



- **Search to the Target Area.** Evaluate your POT to **find the next Critical Second** you are approaching.
- **Decide whether it is stable or unstable.** An “unstable critical second is one that is likely to change its position and become in motion. Determine what you could do as a pedestrian to not be affected by the critical second.

See how many examples you can find of critical seconds.

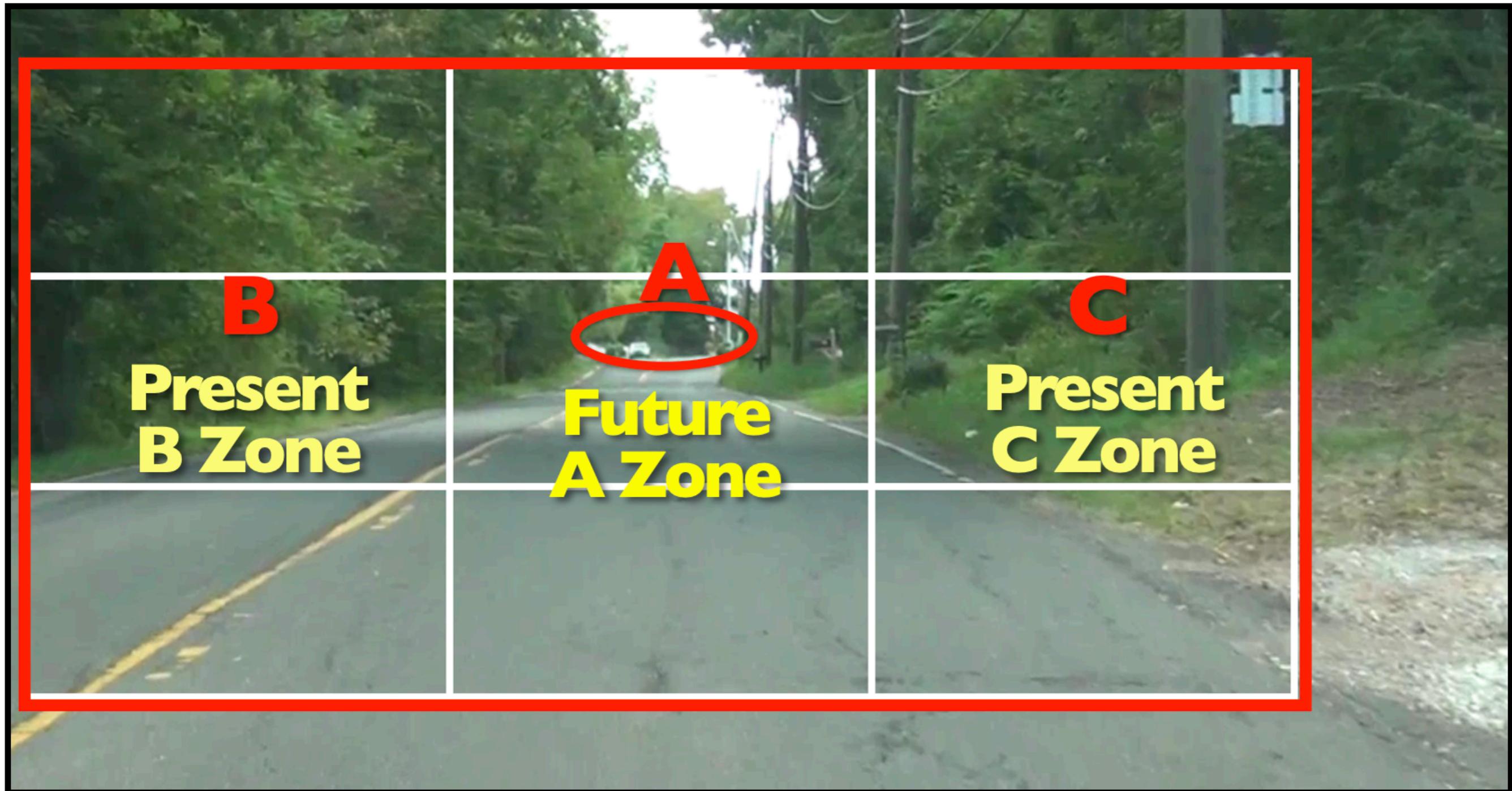
Search to the Target Area — Practice **5-10** minutes on several days!



As a pedestrian, passenger, or co-driver look as far as you can. Select a stationary object (a “target”) that appears in the center of the path you are taking. The “target’ and the area to its left and right is the “Target Area.”

Search to the Target Area and evaluate your Path of Travel (POT) to find if it is **“Open”** or **“Closed.”** A “closed” POT means there is someone, or something, blocking your approach to the target area. A closed POT creates a “Slow” condition requiring a reduction in speed. An open POT is a “Go” condition, which means you can keep your speed.

Selective Attention Matrix (SAM) — Practice 5-10 minutes on several days!

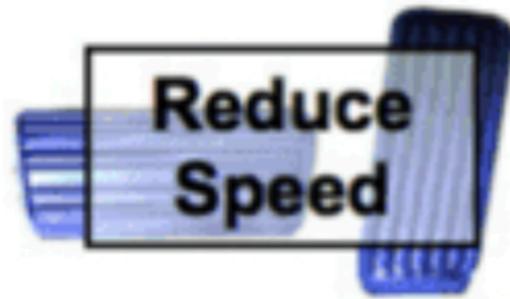


As a pedestrian, passenger, or co-driver visualize seeing a roadway situation with these three zones. Look to your target area to see if you have an open or closed POT. Decide whether you are in a go or a slow condition. See if you will be approaching any “Critical Seconds” in your B Present Zone or in your C Present Zone that need to be managed.

Think of how you would manage the critical seconds if you were the driver by use of speed control and lane positions.

Find “Slow” or “Go” Conditions – Practice 5-10 minutes on several days!

Slow Condition requires a speed reduction, which could be achieved by any one, or all three, of these techniques:



1. Ease Off Gas Pedal
2. Cover Brake
3. Apply Brake • Check Rear

Go Condition means you have an open “A (Front) Zone” with space to enter.

1. Keep Same Speed
or
2. Increase Speed



“Slow” or “Go” • Check Rear

REWARD

- In-Control
- No Surprises
- Stress-free
- Smooth
- Comfortable
- Efficient
- Safe

Practice looking to the Target Area to see if you have a “Slow” or a “Go Condition”

Find 20 Slow or Go conditions each day for one week, then it becomes habits.

Repeat the other Driving MIND Cues several times over several days until they begin to take place automatically by habits.

END