



Cultivate the **Power of YOUR MIND!**

Expert Habits are formed by “Deliberate Practice!”

Train the BRAIN

To accomplish any skills — playing sports, playing a musical instrument, singing, writing poems, becoming a surgeon — requires deliberate practice of repetitions.



This collection of **Driving MIND Cues** serves the same purpose for developing traffic safety strategies into habits as a music book serves to master playing a musical instrument. The sheet music provides a standard for what to play and when a wrong note is played the error is immediately detected and corrected — it doesn't get repeated into habit.

The **Driving MIND Cues** form a standard that can be learned and repeatedly practiced into **EXPERT** driving performance.



Critical Second

Practice MIND Cue

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!

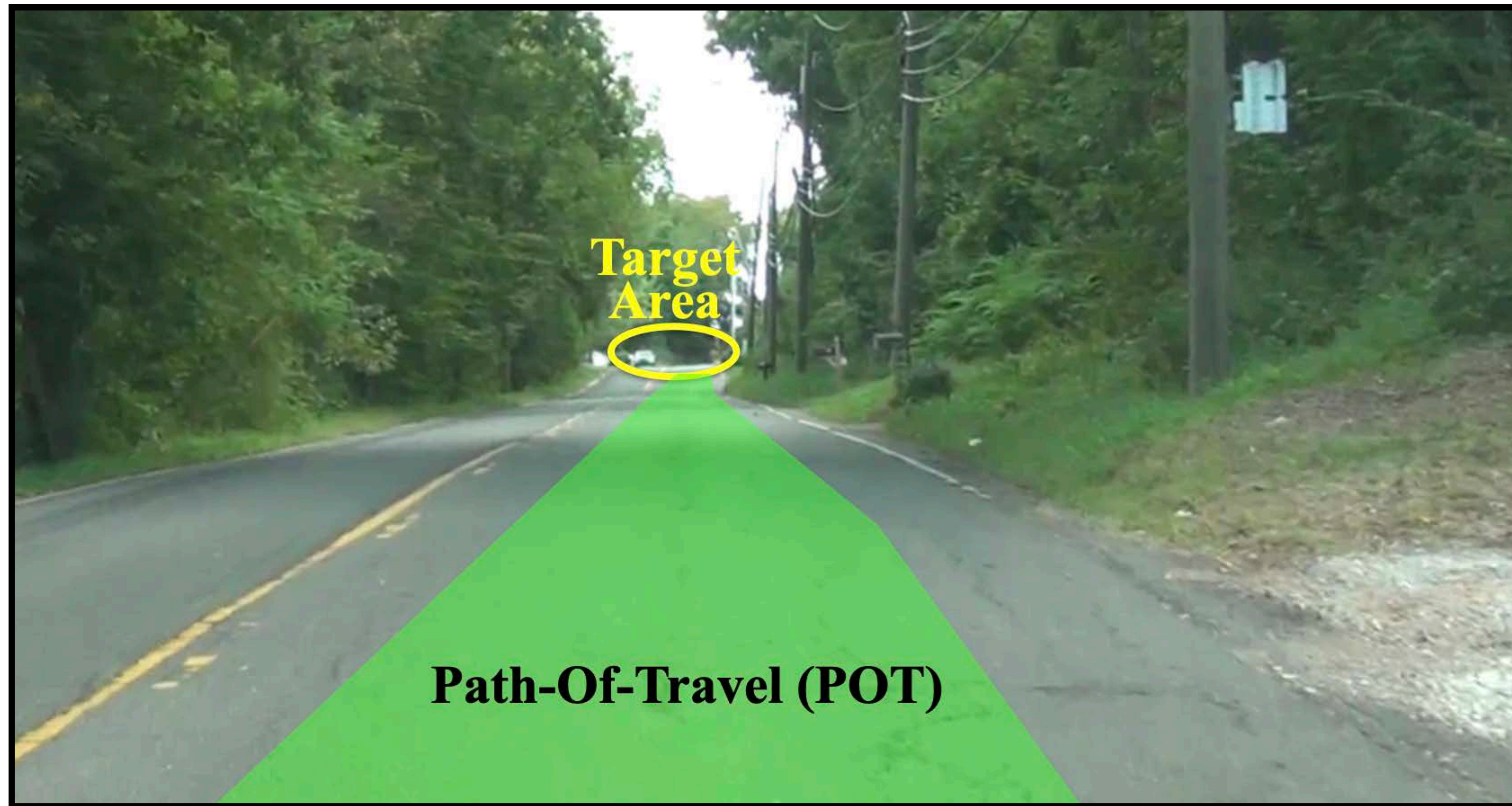
Spend 5-10 minutes as a pedestrian, passenger, or co-driver finding the critical seconds when you are still 10 or more seconds away.

Search to the Target Area and evaluate your Path of Travel (POT) to find the next Critical Second you will be 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. Then, advance to the next page for another MIND Cue.

Target Area Search Practice MIND Cue



Spend 5-10 minutes 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.

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

Go or Slow Condition Practice MIND Cue



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Spend 5-10 minutes as a pedestrian, passenger, or co-driver finding whether your POT is a “Go” or a “Slow” condition. You begin by searching to the Target Area and find whether you have an open or closed POT. When you have a closed POT you then decide if you were the driver approaching that condition should a reduction in speed take place. If so, that is a “Slow” condition.

When you are a Co-Driver you can acquire better awareness of when a reduction in speed should take place that is far better than only seeing the posted speed limit sign — which doesn’t tell you that the condition you are approaching requires a speed reduction.

After 10 minutes go to the next MIND Cue.