

There are many actions that you are able to practice into habits that were introduced during this Set. You are able to **practice a few actions each day** until the actions become performed without thought. You can practice while being a pedestrian, or you can practice right now. Just as you saw, a bull rider can practice without riding the bull, you can practice without being in a car. That's the power of this training, its training your mind, and you can always practice doing an action mentally.

For example, test the pictures in your mind from Set 1: What picture do you see when a driver is properly stopped to the rear of a vehicle? If the picture of “seeing the tires” didn't pop into your mind, then you need more practice with that **MIND CUE**.

**Give yourself a test on what comes into your mind** for the following actions from Set 1: LP1, LP2, LP3, A Zone, B Zone, C Zone, Go Condition, Slow Condition. Which Zone would you evaluate for an escape path if an oncoming vehicle moved into LP2? Are you willing to bet your life on the pictures formed in your mind? If you formed the pictures instantly without thinking about the answer, **that is great!** If you didn't form the right pictures, continue to practice Set 1.



[H033-5 Mind Cue - Swivel Chair Practice](#)



[H032-6 Mind Cue - Skid Control](#)