

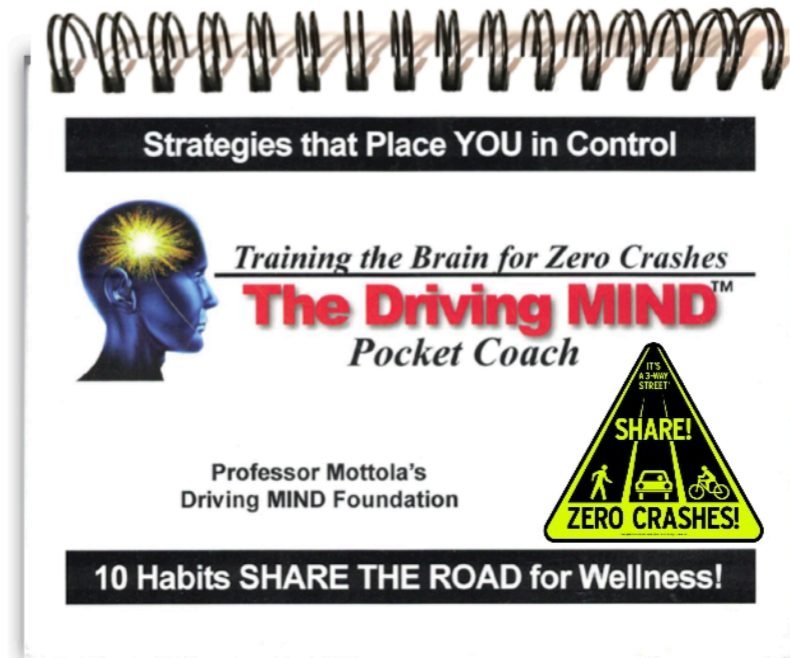


Professor Mottola's  
**Family Wellness Training**  
eCoach



**It's "Deliberate Practice"  
That Makes This  
Training So Special!**

**Week 1 Practice**

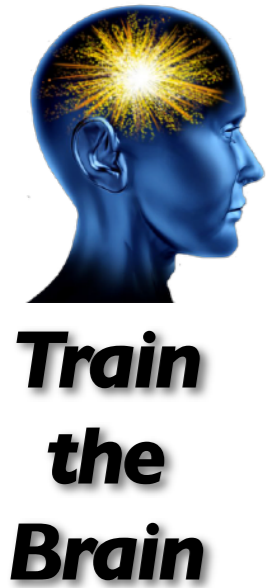


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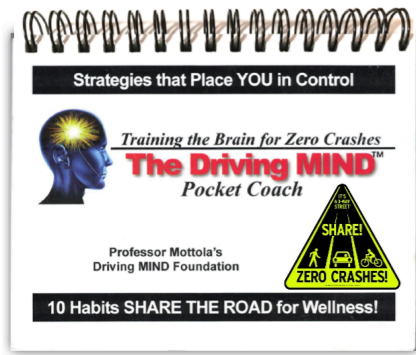
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# MIND Cues Provide Guides for “Deliberate Practice!”



It is only with **“deliberate practice”**—  
*the brain consciously learning how to  
perform one action at a time* — and  
repeatedly **performing them in exactly  
the same way** that actions become  
**habits in the unconscious mind** to  
perform several actions at one time  
without thought.





**When you purchase a book** it comes with a suction cup that can be used to have a MIND Cue in the vehicle as a reminder for what to practice.

Without a book while using this sample, you can load this program onto a mobile device as a practice guide.

1. Learn a **Zone Control Strategy** from the **Driving MIND eCoach** located at [NIDB.org](http://NIDB.org).

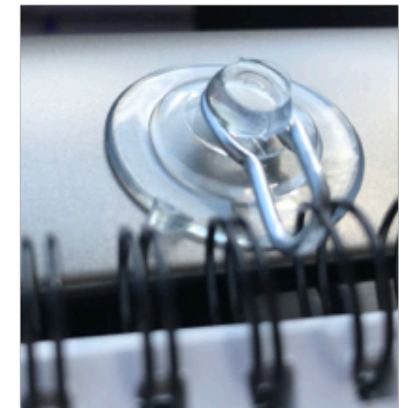
2. Use the **Driving MIND CUE** book as a pedestrian, co-driver, or driver as a reminder of what strategy to practice until it becomes habit. **For drivers, the Mind Cues are only read before moving the vehicle.**



Mount suction cup onto the dashboard.



Open book to MIND Cue page to practice.



Hook spiral binding onto the suction cup.

This first set of **MIND Cues** is to begin building habits of **Awareness** and **Speed Control** to manage space.

Here are the actions to practice in this set:

- Find “Critical Seconds”
- 4-Second Danger Zone
- Measure space in seconds
- 2-Second PONR
- LP1, LP2, LP3
- “Slow” or “Go” condition
- Use of SAM
- A-Future Zone
- B and C Present Zones

It is best to practice while being a co-driver where you can consciously and deliberately practice one action at a time.

**AWARE** Find “Slow” or “Go” Conditions and LP’s of Vehicles

**Four things to Search the A Zone for.**

1. Look for **Slow** conditions.
2. Look for **Go** conditions.
3. Look for the **LP** of vehicles, ahead as well as oncoming.
4. Search A Zone for a **car tailgating** a vehicle making a right turn, **who may zigzag** into your path.

**ACTION**

1. **Reduce your speed.**
2. **Find Escape Path - Take LP5.**
3. **Flash high beam headlights.**
4. **Blow your horn.**

**REWARD**

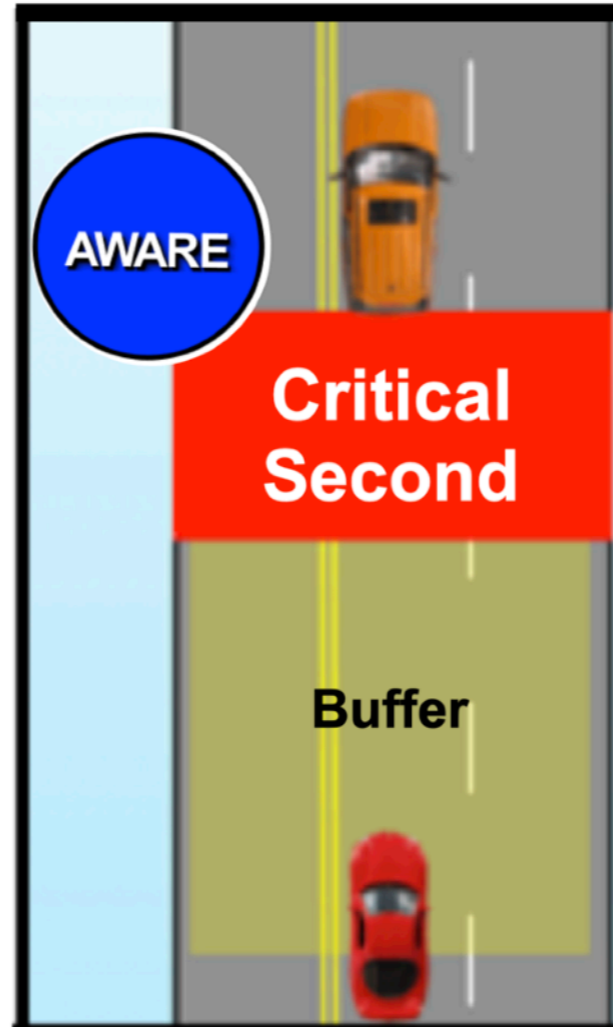
**Habit 4: Find Zigzaggers and Vehicles in LP2**

4A Dates: \_\_\_\_\_ A B C

**Practice as a co-driver, or as a pedestrian, using the “language” of Zone Control.**

**Look for “critical seconds.”**

See how many critical second you find that are unstable requiring your full attention. Think of what could go wrong and how you can avoid it.



**Find the “Critical Second.”**

The “Critical Second’ is when other vehicles and users of the roadway are within one second of your vehicle.

It’s the last second before a potential crash!

**Challenge:** Spend 10-15 minutes while being a Co-Driver to see how many Critical Seconds you Find, and could be in control of if you were driving. Repeat this challenge on several days. Share with the driver the critical seconds you find.

## Begin locating the 4-Second Danger Zone

### Measure 4 Seconds

Practice judging 4-seconds. Pick out any stationary object like a telephone pole, a traffic sign, a tree, and take a guess when you are 4 seconds away from it. Count 1001, 1002, 1003, 1004. See how often you are there exactly at 4 seconds.

**Perform the steps listed on the MIND Cue for 10 or 15 minutes.**

The “**Critical Second**”—when you are within one second of others!



- 1. FIND: Critical Second in the A Zone Window (Target Area)**
- 2. SOLVE: Critical Second Before Reaching the Danger Zone**
  - Detect LOS-POT Blockage
  - Get Best Speed Control, LP, Communication
- 3. CONTROL: 4-Second Danger Zone**
  - Separation, Speed Control, LP, Communication
- 4. CONTROL: 2-Second PONR (Point-Of-No-Return)**
  - Cover Brake, **100% Focus**, 45° Search

**You're in CONTROL of the Critical Second!**

**Habit 2: Search the A Zone (Target Area) for Critical Seconds**

1. Find “Slow” or “Go”
2. Evaluate LP2 of others
3. Look for Zigzagers  
(a driver who swings around a vehicle making a turn.)
4. Look for escape path

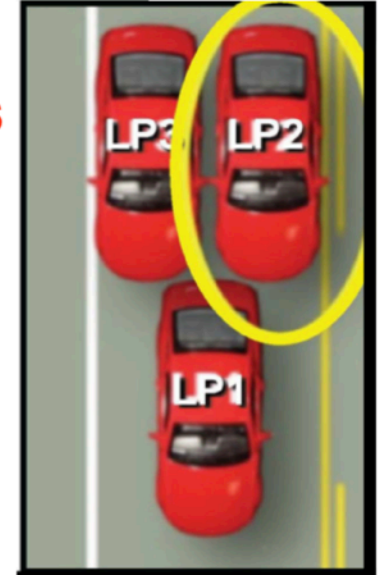
Challenge yourself to identify  
LP1, LP2, LP3 of all  
oncoming vehicles.



Find “Slow” or “Go”  
Conditions and LP’s of Vehicles

Four things to Search  
the A Zone for.

1. Look for **Slow** conditions.
2. Look for **Go** conditions.
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4. Search A Zone for a **car tailgating** a vehicle making a right turn, **who may zigzag** into your path.



1. Reduce your speed.
2. Find Escape Path - Take LP5.
3. Flash high beam headlights.
4. Blow your horn.

**Habit 4: Find Zigzagers and Vehicles in LP2**

**Visualize traffic scenes through the A, B, C windows of SAM.**

Look to the A-Future Window for “Go” or “Slow” conditions. For “slow” conditions decide what is the best speed control choice. Tell the driver when you find a “slow” condition. Praise the driver when there is a slow condition that is responded to.

Identify in your A-Zone what conditions will be in your B and C Present Zones, which you will learn more about in next week’s Set of Activities.

**Search A Zone for “Go” or “Slow” and for LP2**



**Practice these MIND Cues on several days!**