



Train the Brain

Deliberate Practice of Repetitions into Habits

Spending 10-20 minutes each day practicing these strategies.

- Search to the **Target Area** (the Future A Zone)
 - Detect whether your POT is **“Open”** or **“Closed”**
 - Find **“Critical Seconds”** and **“LOS-POT Blockages”**
 - Detect whether you have a **“Slow”** or a **“Go”** condition
 - Decide which of the other **“Six Zones”** to control
 - Decide on the best **“Lane Position”** (LP 1, 2, or 3)

Place this on a mobile device as a Cue for practice.