

SELF-COACHING QUESTIONS

Use the following Self-Coaching Questions to debrief yourself after your on-track sessions. It's likely you'll use just a few from one or a few categories, and possibly even find some favorites that work best for you over time. The key with Self-Coaching Questions is that they're open-ended (can't be answered with a simple "yes" or "no"), and practically never-ending. In other words, once you're asked yourself one question, and answered it, then ask yourself the natural follow-up question, then another, another, and another. Keep digging. The further you go with the questioning process, the more clear you'll get, and that will greatly improve your chance of performing the way you want on track.

Controls

- How smooth/seamless if the transition between brake release and throttle application?
- What would happen if I hesitated slightly between brake release and throttle application?
- What percentage of the lap am I at full throttle?
- How could I spend 3 percent more of the lap at full throttle? (approaching corners, exiting corners, between corners/hustle zones)
- Are there places where I'm beginning to apply the throttle, then having to hesitate or even ease back off a little before getting to full throttle?
- What would happen if I hesitated beginning to apply the throttle - would I be able to get to full throttle sooner?
- Is my initial application of the brakes hard enough? Too hard?
- Is the timing and rate of release of the brakes appropriate for each corner?
- Where is the EoB?
- Of the 4 ways to use my brakes to go faster, which should I use (corner specific)?
- Could I begin braking later? What would happen if I did?
- Could I move the entire brake zone (BoB to EoB) in further? What would happen if I did?
- Could I release the brakes sooner? What would happen if I did?
- Could I brake lighter? What would happen if I did?
- Where should I trail brake more? Less?
- What would happen if I trail braked more? Less?
- What corners could I use a taller gear in (not downshift as much) to force me to carry more momentum?
- What corners could I use a shorter/lower gear in?
- How could I make my downshifts smoother?
- How could I get away with fewer shifts per lap?
- How could I upshift faster without chancing a miss-shift?
- Where am I "crabbing" into a corner, not turning in from the very edge of the track?
- How could I turn the steering wheel less over the course of an entire lap?

Track

- Which corner is the most challenging?
- Which corner is the "scariest"?

- Which corner is the fastest?
- Which corner do I spend the most amount of time in?
- Which corner leads onto the longest straight?
- Which corner, when I do it just right, will have the biggest impact on lap time?
- Which corner do other drivers struggle with the most, and I can take advantage of?
- Where on the track is there a place where I might be subconsciously thinking, “That’s good enough”?
- What would happen if I turned in earlier?
- What would happen if I turned in later?
- How could I make turning in earlier work?
- How could I make turning in later work?
- What would happen if I unwound/straightened the steering wheel earlier?
- What would happen if I unwound/straightened the steering wheel quicker or slower?
- How much track surface is there at the exit of the corner?
- How could I drive a larger radius?
- Where could I straighten the line through a section of track, turning the steering wheel less?
- How would the car handle using more apex curbing?
- How do track surface changes affect grip levels?
- How can I take advantage of track camber and elevation changes? How can I minimize their effects?

Vision

- How far ahead am I looking?
- How much am I turning my head to look through corners?
- What am I picking up with my peripheral vision?
- What would happen if I glanced further ahead every now and then?

Handling Debrief

- What is the car doing?
- Where is it doing it?
- What am I doing when it does it?
- Is it the car or my driving that’s causing it?
- If I could make the car do one thing better, what would it be?
- If there was one thing I’d like the car to do better handling-wise, what would it be?

Adapting

- If the car is understeering early in the corner, what can I do to help it?
- If the car is understeering late in the corner, what can I do to help it?
- If the car is oversteering early in the corner, what can I do to help it?
- If the car is oversteering late in the corner, what can I do to help it?
- If the car feels nervous as I turn into the corner, what can I do to help it?

Racecraft

- Where are the best passing areas on the track?
- How could I set up passes in those areas?
- Where am I the strongest compared to other drivers?
- Where am I most likely to be passed by others?
- How best can I take advantage of my strong areas?
- How best can I minimize the effects of my weaker areas?
- What is my overall strategy for the race?
- How much risk am I willing to take in this race?
- What's on the line in this race - what's in it for me to push as hard as possible?
- What's my overall mindset towards racing?

Zone/Mental Game

- What's my trigger - the word or phrase that triggers my peak performance?
- What was the one great zone experience in my life, and how did I feel before, during, and after it?
- On a scale of 1 to 10, how challenged do I feel by my next session on track?
- On a scale of 1 to 10, how strongly do I believe I'm able to handle the challenge of the next session on track?
- How balanced is my sense of challenge and belief?
- How's my overall confidence level?
- How well am I able to adapt my behavioral traits to the situation?
- How switched on and ready do I feel to perform at my best?
- How's my overall level of focus?
- How strong is my mental picture of the line around the track?
- How strong is my mental picture of what I need to do next session?
- What do I need to get a stronger mental image of before the next session?
- What do I need to do to feel like I'm switched on and ready to drive?
- How strong is my mental image of my performance state of mind?
- What beliefs do I have that are holding me back?
- What beliefs do I have that are helping me?
- How's my state of mind?
- What is my performance state of mind - the state I'm in when I'm performing at my best?

General/Overall

- What am I doing well?
- What could I do better?
- What one thing would have the biggest positive impact on my driving?
- Where is there the biggest opportunity to improve my lap time?
- What would it take to be more consistent?
- What do I currently not know enough about?
- If there was one thing I could learn more about that would help my driving, what would it be?

- When I ask myself what I need to do to improve my driving, and I answer, “I don’t know,” if I then asked myself, “If you did know, what would it be?” how would I answer?
- If Lewis Hamilton/Scott Dixon/Dane Cameron were driving your car, what would he do differently? What could you do differently?
- And what else?
- What would make driving more fun?