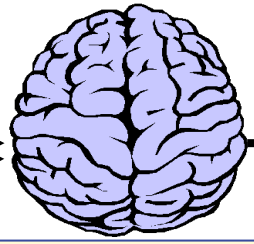
Performance Model

SPEED SECRETS
Driving Academy

Performance Model



Info

Output

Performance

Programming

Sensory Input:
- Visual
- Kinesthetic
- Auditory

Thoughts

Focus / Concentration

Psychomotor Skills

State of Mind

Belief System

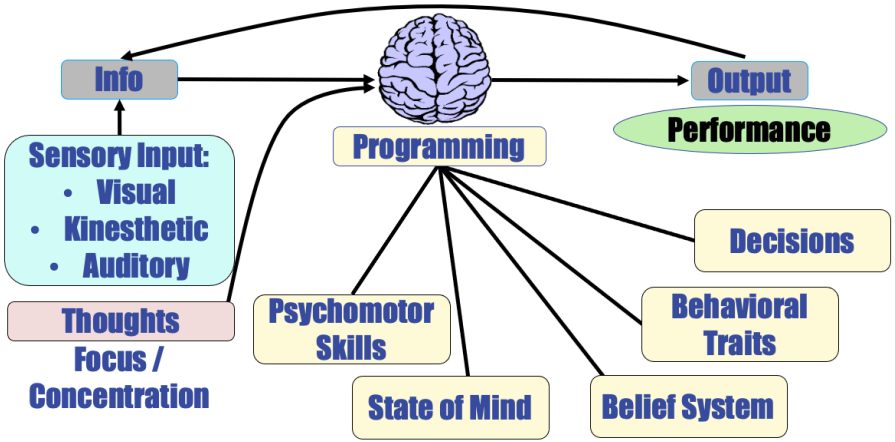
Behavioral Traits

Decisions

SPEED SECRETS

Improving Performance

1. Input quality
2. Processing speed
3. Programming

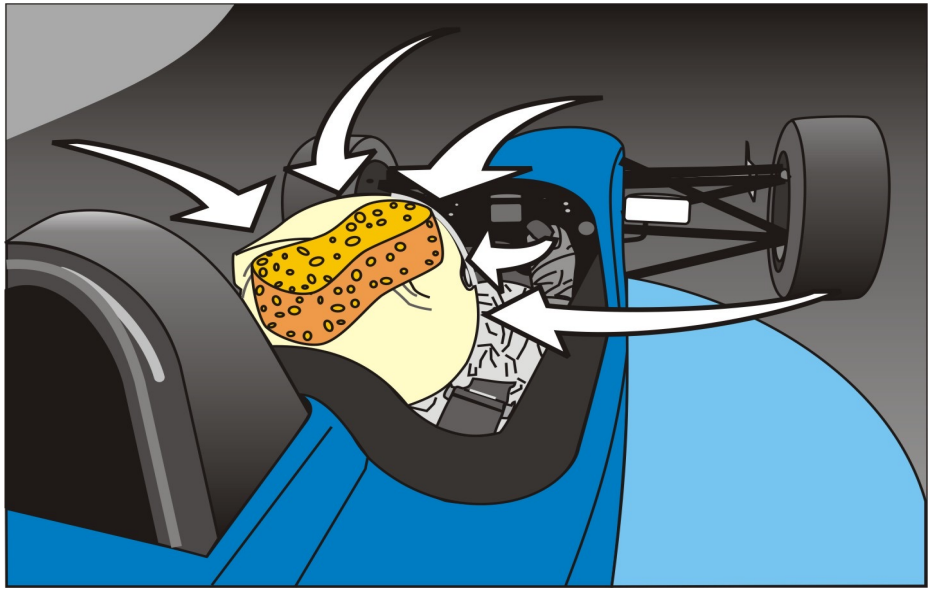


Sensory Input

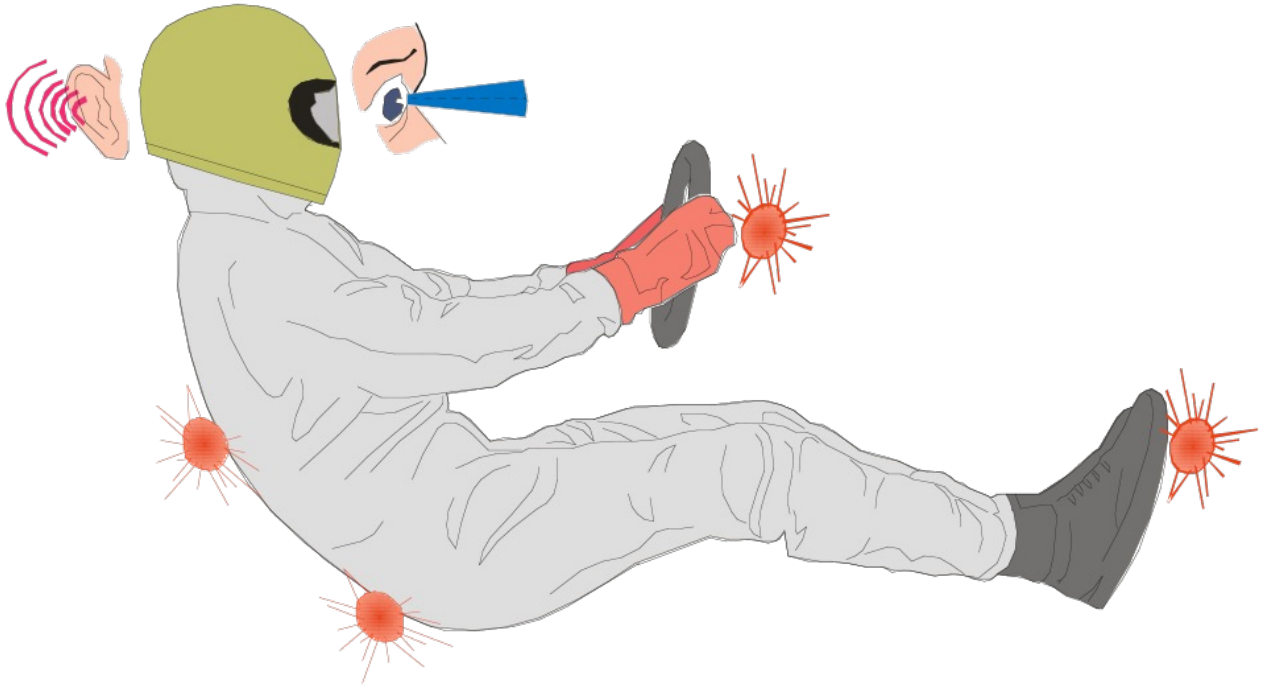
Better quality sensory input leads to better performance.

Input

- GIGO
- Quality In – Quality Out (QIQO)



Sensory Input



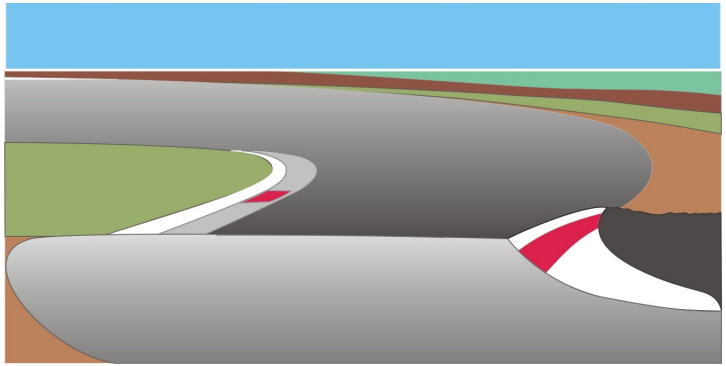
Input

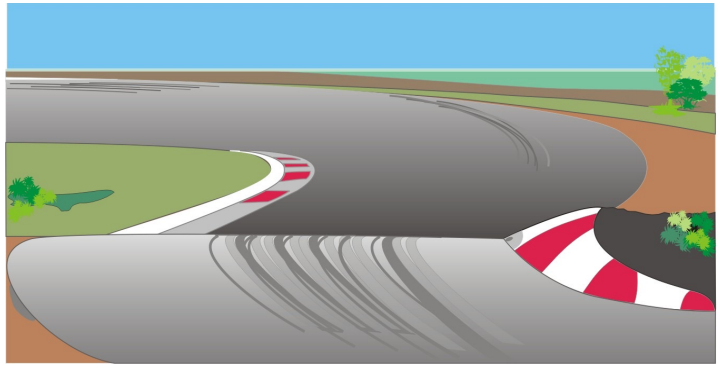
Why do drivers lack feel?

Why do drivers make mistakes?

- Lack of quality sensory input

More Sensory Input = More References = Fewer Errors = *More Speed & Consistency*

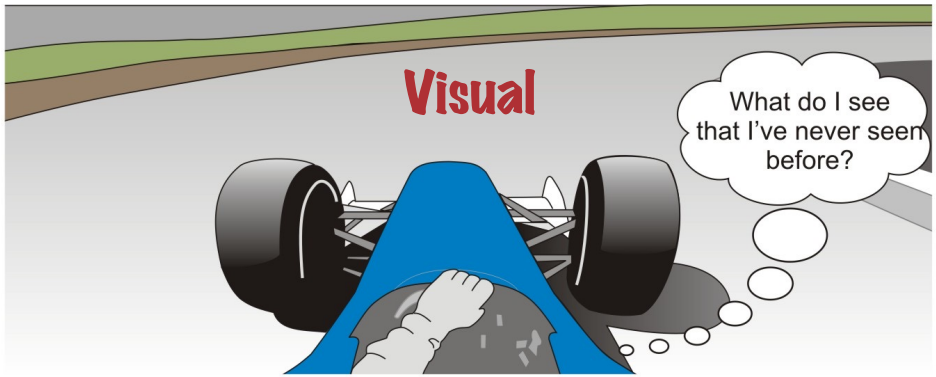


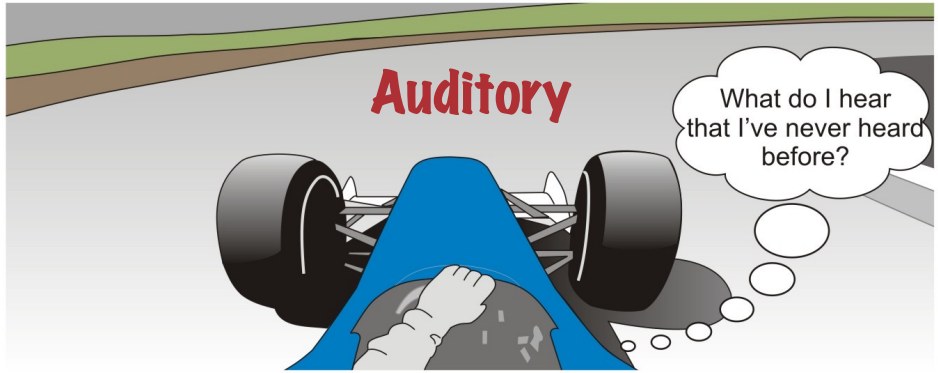


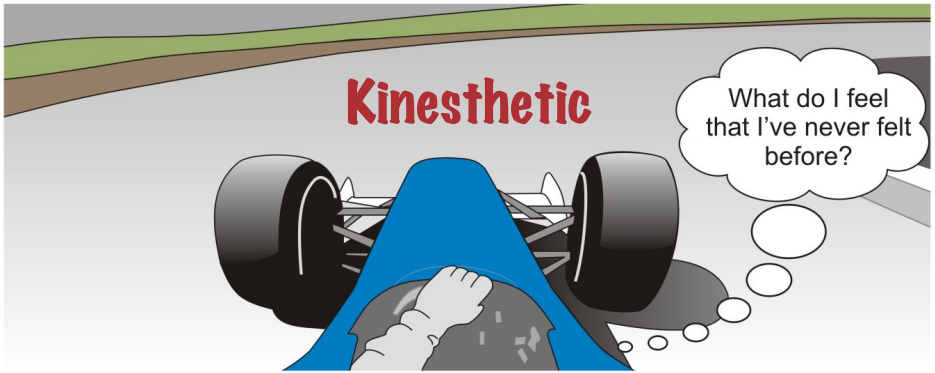
SPEED SECRET

The more references you have, the faster & more consistent you'll drive... and fewer errors you'll seem to make.

Sensory Input Sessions







SPEED SECRETS

Lazy 8s

You cannot **not** think about something.

SPEED SECRETS

Input

Pre-Planned Thought (PPT)

- “Eyes up”
- “Slow hands”
- “Car dancing”
- “Watch this”

SPEED SECRET

It’s not maintaining focus that matters. It’s how quickly you regain it.

SPEED SECRET

Develop & use a Pre-Planned Thought (PPT).

Processing Speed

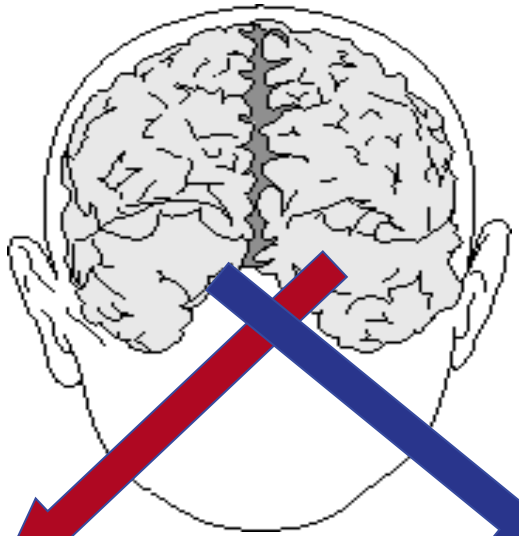
Make Your Brain Faster

Right Hemisphere

- Creative
- Intuitive
- Art
- Big picture

Left Hemisphere

- Logical
- Factual
- Language
- Details

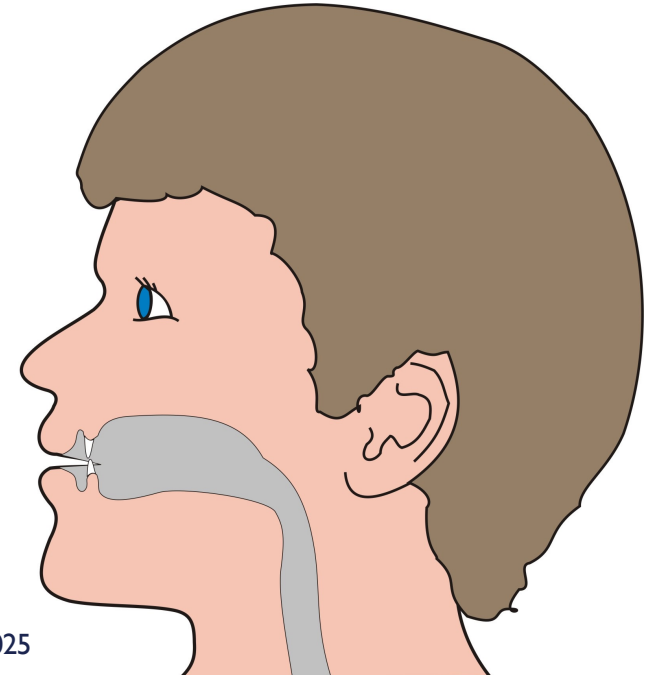


Right side of body

Left side of body

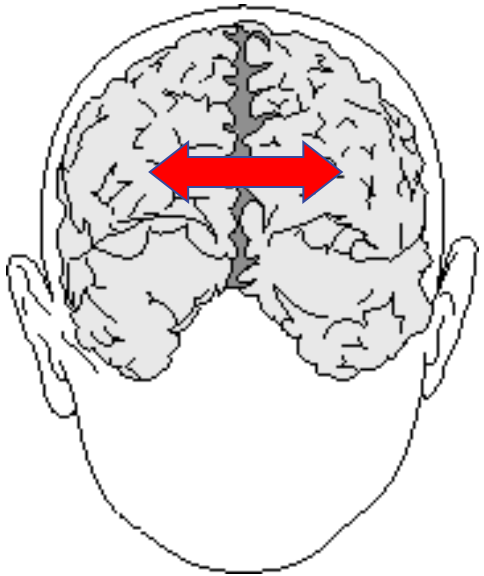
Integrate your mind to improve processing speed

Center



Make Your Brain Faster

- What is “being in the zone”?
- It is being fully “integrated”



Integrate your mind to get in the Zone.

Programming

Programming

We do what we do because we're programmed to do so.

We sometimes don't do what we want because we either don't have the right program, or…

We access the wrong program.

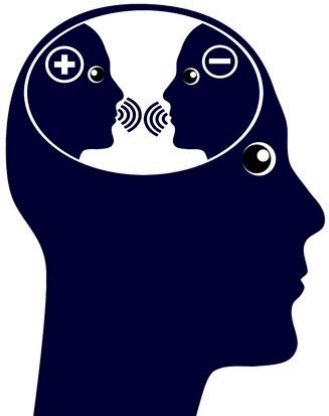
Programming

- Must drive car at what level?
  - Conscious?
  - Subconscious?
- Why?
- Conscious: 2,000 bits/second
- Subconscious: *4,000,000,000* bits/second

Where does your programming come from?

1. Physical repetition

3. External/Internal talk



2. Mental repetition

Mental Programming

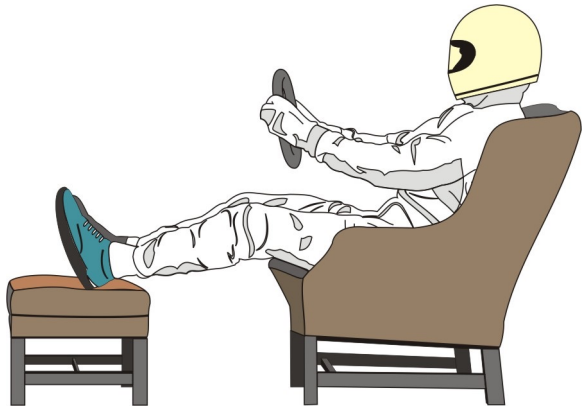
The more senses you use with mental imagery, the more effective the programming.

Mental Programming

- Use mental imagery for:
  - Track/course learning
  - Skill development
  - Belief/confidence-building
  - Mindset-building
  - Triggering state of mind
- Create & use “triggers”

Programming: How To...

1. Prepare -
   - Identify desired program & trigger
   - Write narrative for program & trigger
   - Schedule mental imagery sessions
   - Position yourself
2. Mental imagery -
   - Relax (Alpha-Theta state)
   - Mental imagery of program & trigger
   - End with reward

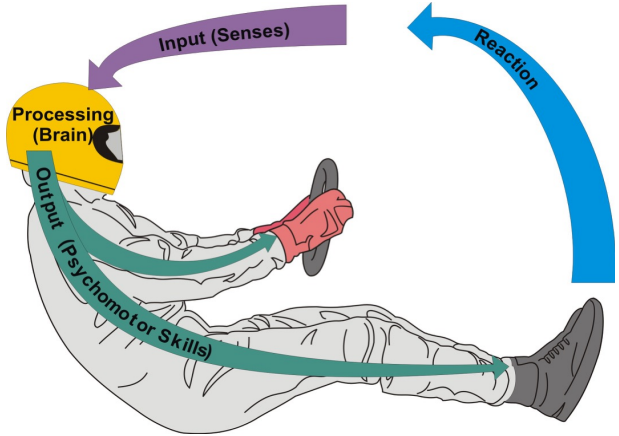


SPEED SECRET

Better quality mental programming results in a better performance.

Psychomotor Skills

- Input-Process-Output Loop
- Programmed by repetition
- Effects of multi-tasking…



State of Mind

- Will your State of Mind affect your performance?
- Where does your State of Mind come from?
- Impact on brain integration…

State of Mind

- Is your *Performance State of Mind* the same as mine?
- Can you "trigger" a Performance State of Mind?

SPEED SECRET

Replay a past success to trigger a Performance State of Mind.

Belief System

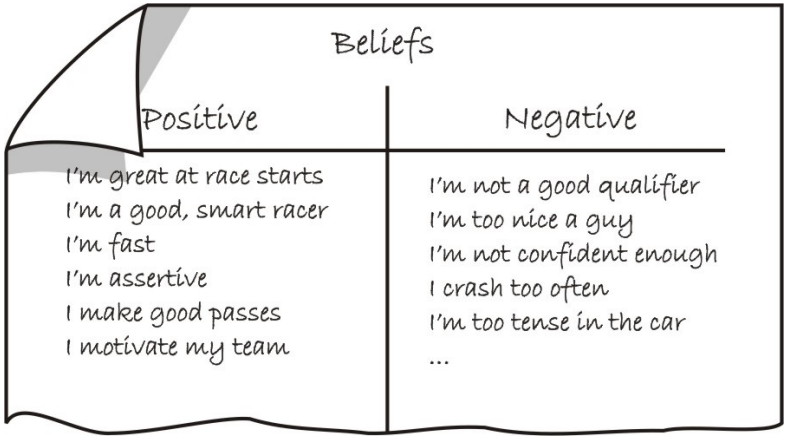
- Single biggest limitation to your performance.
- Power of beliefs…

Belief System

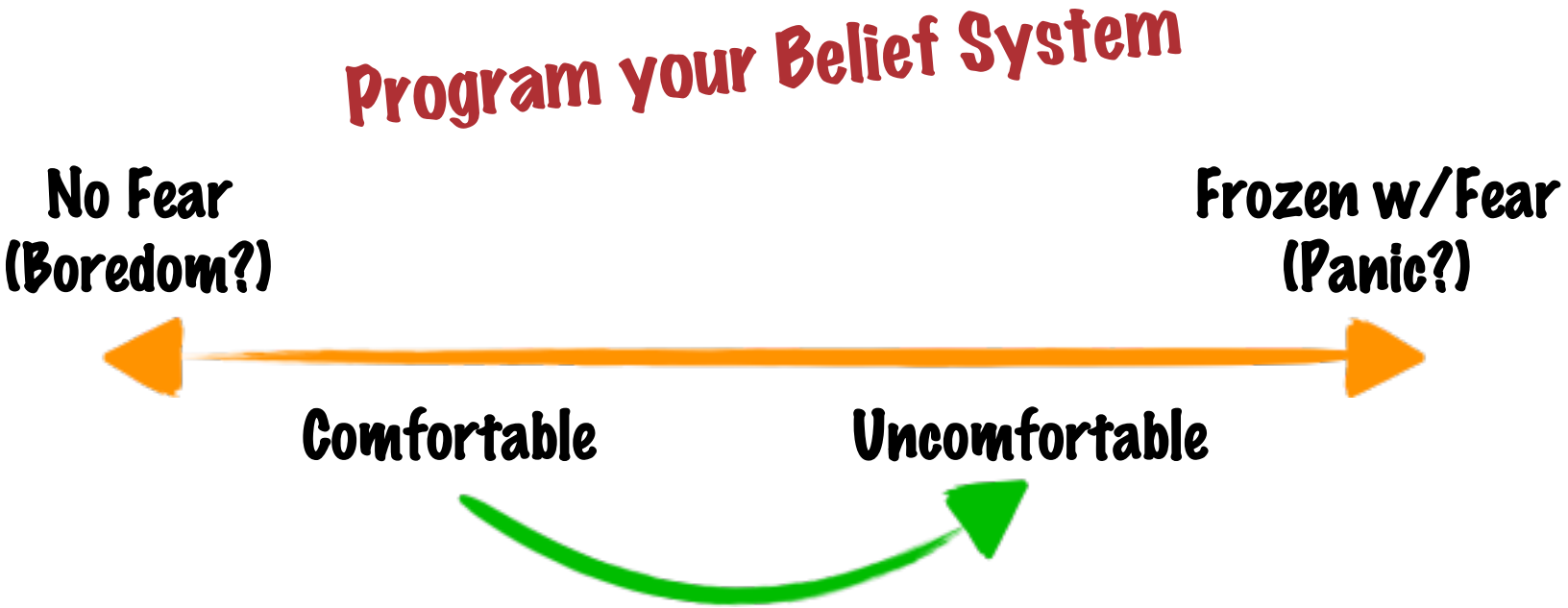
- Where do your beliefs come from?
- Superstition
- Can you change your beliefs?

Belief System

- List your beliefs
- De-program, re-program negative beliefs
- Program positive beliefs



Comfortable Being Uncomfortable

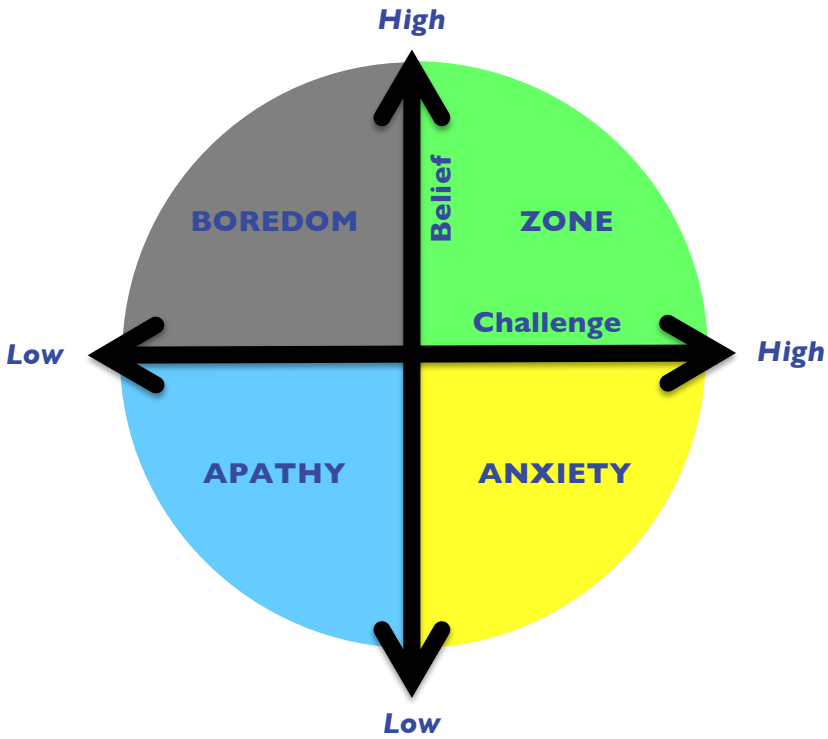


SPEED SECRETS

SPEED SECRET

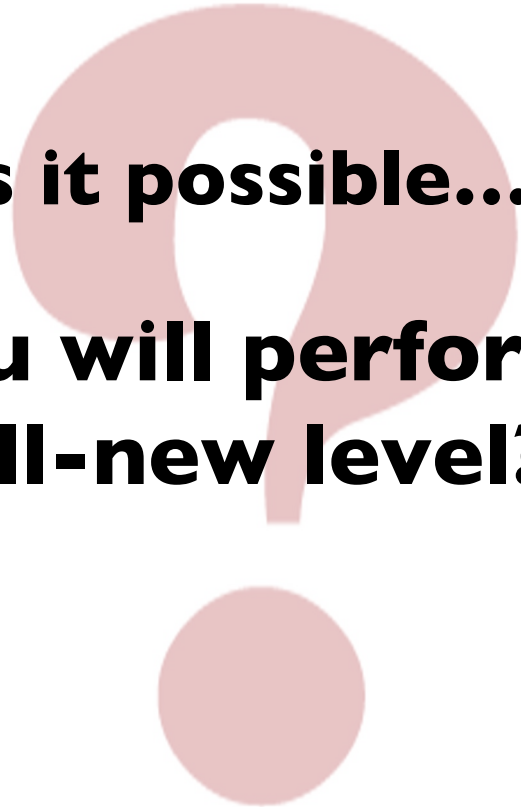
Use mental imagery to program your beliefs.

Challenge + Belief = Zone



Balance the Challenge & your Belief.

Information + Action = Results



Is it possible...

That you will perform at an all-new level?