



# SPOTTER TIPS

## VIDEO 5: WHAT DO YOU THINK?

### **SPOTTER TIP: :52 You can always control your thoughts.**

- ⇒ Even if someone criticizes you, you don't have to believe it.
- ⇒ Don't let negative thoughts occupy space inside your head unless they are paying revenue (in other words, unless they are helpful in some way).
- ⇒ Anything you say out loud registers in your brain, so be careful of the words that come out of your mouth.
  - You control your attitude by controlling what you say.
- ⇒ Learn what you can from a bad situation, but then move on and make the best of it.

### **SPOTTER TIP: 3:40 Controlling your emotions is key to success.**

- ⇒ Focus on positivity both on and off the track.
- ⇒ If you BELIEVE you can do something, you can (even if you have to learn new skills to achieve it); however, if you BELIEVE you can't, you are also right.
- ⇒ When something bad happens in a race, just relax and focus on recovery and getting your best finish possible (rather than focusing on revenge).
- ⇒ ALWAYS focus on productive things.

### **SPOTTER TIP: 6:20 Your mental attitude has a direct effect on your success.**

- ⇒ Controlling your temper and your thoughts gives you a competitive advantage over other drivers and it doesn't cost a dime!

### **SPOTTER TIP: 7:05 Parents: Lead by example.**

- ⇒ Your child learns from your actions and how you handle things so you need to model the behaviors you want your child to follow.
- ⇒ "Do what I say, not what I do" is NOT a philosophy that will work.

## **SPOTTER TIP: 9:25 Train your mind to think positive out of a negative.**

- ⇒ Don't let yourself dwell on something negative that happened. Attach that thought to a positive outcome and then it becomes a trigger for positive beliefs.
  - For example, if you wrecked on turn 3 in a race, instead of focusing on the wreck, think back to all the times you DIDN'T wreck and did well in turn 3.

## **SPOTTER TIP: 11:55 Create a mental competitive advantage.**

- ⇒ Again, this will set you apart from many of your competitors and make you stand out in a positive way.

## **SPOTTER TIP: 12:15 Sponsors will look at how you hand adversity.**

- ⇒ The way you respond to bad situations will either earn or lose sponsors for you.

## **SPOTTER TIP: 13:49 Always communicate what you want, not what you don't want.**

- ⇒ For example, instead of saying "Don't wreck your race car" (what you don't want), say "Drive this race the very best you can" (what you do want).

## **SPOTTER TIP: 14:35 Have a race PLAN: don't be reactive to situations.**

- ⇒ Before each race, talk about things that might happen and how you will handle them. When you have a plan, it helps you not make impulsive decisions that may hurt you.