

PERFORM UNDER PRESSURE USING SECRETS FROM WORLD-CLASS PERFORMERS

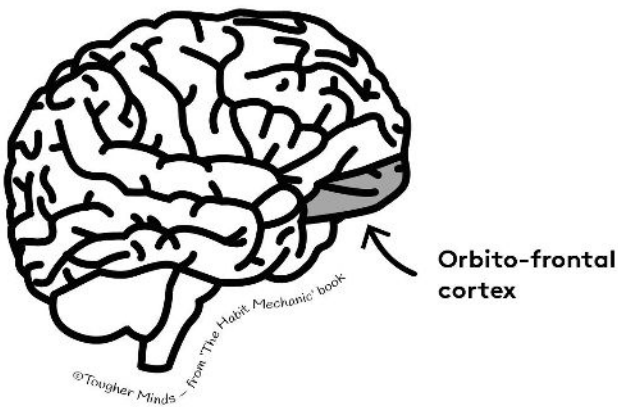


Figure 24.1: A cartoon brain highlighting the orbito-frontal cortex area of the prefrontal cortex region.

HABIT MECHANIC TOOLS YOU HAVE LEARNED IN CHAPTER 24...

Planning Tool

TE-TAP (Task, Environment, Timings, Activation, and Physical)

Learning—A simple framework to pressure-proof your ability to perform. ✓

Self-Reflection Tool

Performance HAC Plan—An exercise to help you reflect on how well your practice helps you perform under pressure. ✓

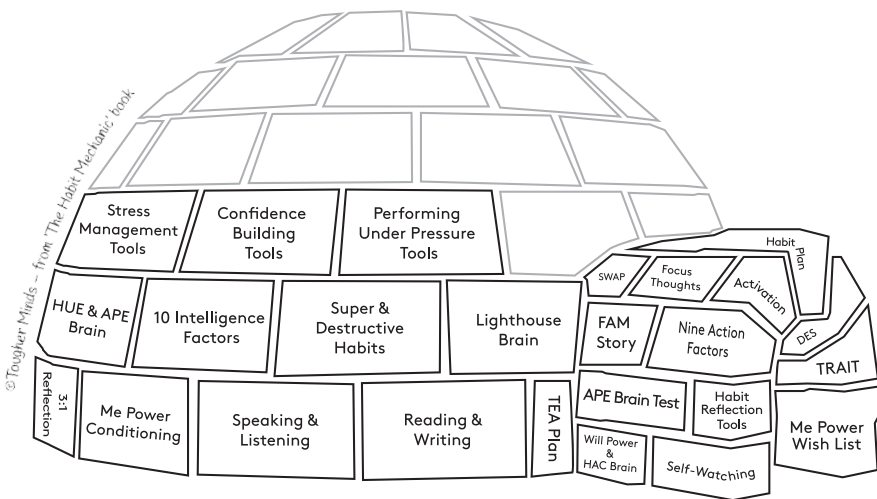


Figure 24.2: Your Habit Mechanic intelligence igloo is building up!