

## WHEN TO QUIT THINKING

It is essential to clearly separate your thinking process from your actual shooting when playing. If you find yourself uncertain or second-guessing your decision as you're down on a shot, don't hesitate to stand up and take a moment to reset both mentally and physically. This pause prevents hasty mistakes and allows you to approach the shot with renewed confidence. Establish a deliberate transition between planning and execution (such as chalking your cue thoughtfully before each shot) to mark the shift in focus. While holding the chalk, give yourself time to analyze the situation, weigh different possibilities, and make a strategic choice about how to play the shot. Once you've considered your options and committed to a plan, put the chalk down; from that point on, direct your attention solely to the mechanics and execution of the shot ahead.

Although consistently selecting low-risk shots might allow you to run through a rack of 14 balls successfully, relying only on safe options can ultimately restrict your progress. Playing it too safe can limit your ability to develop creative strategies and refine advanced skills necessary for achieving multi-rack runs. Growth comes from challenging yourself, occasionally attempting higher-risk shots, and embracing opportunities to learn from both successes and mistakes during practice and competitive play.