

Reflection

Personal Safety Plan

Since the course, how often have you used your Personal Safety Plan?



Place a mark on the line to indicate your answer.

I would find it easier to follow my plan if...

Behaviour

List three ways you have changed your driving behaviour since the course.

- (1)
- (2)
- (3)

Thinking

Try and remember how you have attempted to change your thinking habits.

Since the course I have tried to...

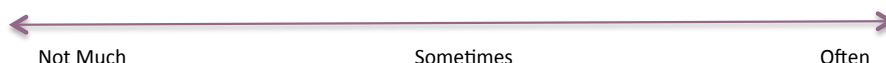
Emotions

Since the course I have discovered a number of 'triggers' that produce a negative emotional response in me.

- (1)
- (2)
- (3)

Spirit

I can say that I have reflected on my personal beliefs, values and commitments when driving over the last week.



Make it stick

