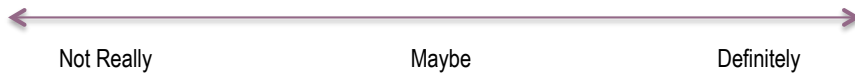


## Self Assessment

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### Behaviour

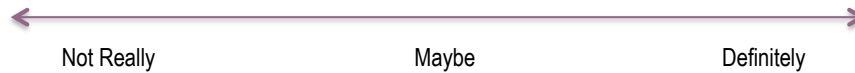
My passengers would notice a change in my driving behaviour over the last month.



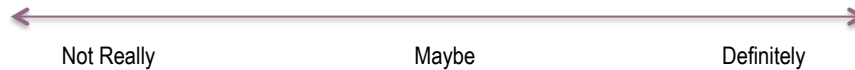
Place a mark on the line to indicate your answer.

### Thinking

I can see how anticipating the mistakes of other drivers can help me avoid a '*not-at-fault*' crash.

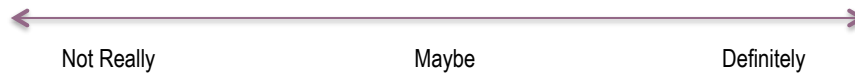


I've been looking closely at my own driving and noticed a lot of mistakes I wasn't previously aware of.



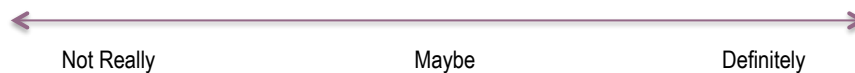
### Emotions

Since I've noticed the 'triggers', I've really been able to predict and change the way I respond emotionally to problems in traffic.



### Spirit

Overall I'd say I'm more aligned, not just when I'm driving but at home and at work.



### Commitment

Changing the habits of a life time is difficult. I'm committed to working at becoming a safer driver because it's important to me. I'll start today.

Signed:

Date: / /



Make it stick