

RYDA

BE YOUR OWN COACH IN 4 STEPS

STEP 1 Make the time to assess your strengths and weaknesses.
What are you good at? What would you like to be better at? To improve, you need to identify your problem areas so you can come up with a strategy to fix them.

What would your friends and family say are your top 3 strengths? Ask them to be specific. What about your top 3 weaknesses?

STEP 2 Identify your goals.

You want to keep getting better at the stuff you're already good at, and work on your areas needing development.

Research shows that goals are easier to reach if they're specific and not too many.

When writing your goals say "I will..."., not "I want to...".

STEP 3 Record your progress and get feedback.

Once you have your goals figured out record the actions you take each day to get you closer to them.

Commit to making one small change every driving lesson (for L platers) and every solo drive (for licence holders). Keep building from there. Ask for feedback from an adult passenger or supervising driver.

STEP 4 Assess your results and tweak your approach.
Assess and test how you're doing every month.

What's working? What's not? What are some different approaches I can try? For example, if you have trouble progressing and achieving your monthly goals, try getting advice from an adult passenger or supervising driver.