## YOUR GOALS, PLANS & STRATEGIES FOR SAFER ROAD USE

At the RYDA workshop, we asked you to gather your goals (the ultimate outcome you're looking for), plans (how you're going to do it) and strategies (what you're going to do specifically) to see change in four areas. Record your goals below and use the Reflection & Evaluation Journals on the following pages to record your progress.

As a passenger I will help the driver by:

and I will do this when (my reminders):

My plans for managing mindstate are:

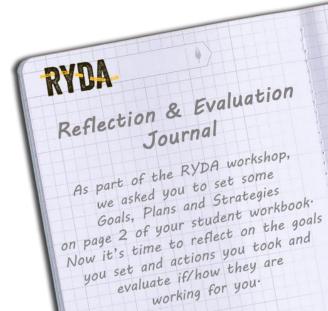
To implement my strategies, I will:

My worst habit as road user is:

and I'm going to break that habit by:

After looking closely at my personality, I'm going to practice being more:

and I'm going to do this by (my strategies):



Reflection: the process of reflecting on your experience in order to learn from that experince. Evaluation: the process make an assessment or jude ment making about an experience or person.

My plans to help the driver from the passenger seat

to do this I will

My role as a passenger in the road safety equation

The things I enjoyed most about focussing on my role as a passenger to positively affect road safety were ...

The challenges I faced were...

I noticed the following patterns in what I did:

As a result of my strategies, I noticed the following impact on:

My own headspace:

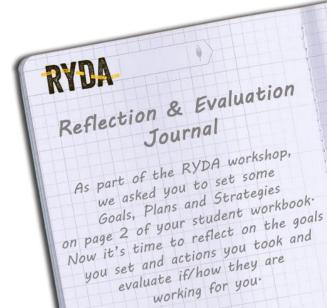
People around me:

Tips, tricks and things to remember

Did I feel safer through my strategies 😊 😕







Reflection: the process of reflecting on your experience in order to learn from that experince. Evaluation: the process mak an assessment or jude nent making about an experience or person.

> My plans for managing manastate are to do this I will

Mind Matters
Getting in a good headspace

The things I enjoyed most about focussing on managing my mindstate/headspace were ...

The challenges I faced were...

I noticed the following patterns in what I did:

As a result of my strategies, I noticed the following impact on:

My own sense of safety:

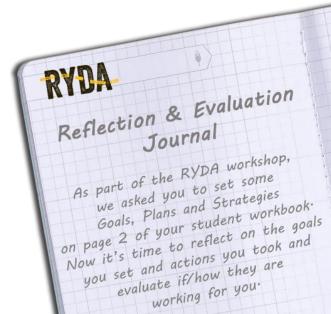
People around me:

Tips, tricks and things to remember

Did I feel safer through my strategies 😊 😕







Reflection: the process of reflecting on your experience in order to learn from that experince. Evaluation: the process making an assessment or jude nent about an experience or person.

My worst habit is as a road user is

I will break it by

Breaking my worst habit as a road user

The things I enjoyed most about breaking my worst habit were ...

The challenges I faced were...

I noticed the following patterns in what I did (new habits):

As a result of my strategies, I noticed the following impact on:

My own headspace:

People around me:

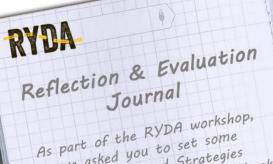
Tips, tricks and things to remember

Did I feel safer through my strategies 😊 😕









As part of the RYDA workshop,
we asked you to set some
we asked you to set some
Goals, Plans and Strategies
on page 2 of your student workbook.
Now it's time to reflect on the goals
Now it's time to reflect on took and
you set and actions you took and
you set and actions you took
working for you.

The 1 In Drive Strengthening my personality

Reflection: the process of reflecting on your experience in order to learn from that experience.

Evaluation: is the process of making an assessment or judgment about an experience or person.

After looking closely
at my personality
at my going to
n'm going more
practice being more
to do this I will

The things I enjoyed most about focussing on strengthening this area of my personality were...

The challenges I faced were...

I noticed the following patterns in what I did:

As a result of my strategies, I noticed the following impact on:

My mind-state:

People around me:

Tips, tricks and things to remember

Did I feel safer through my strategies 😥 😥