

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):

RYDA

Reflection & Evaluation Journal

As part of the RYDA workshop, 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 you set and actions you took and evaluate if/how they are working for you.

My role as a passenger
in the road safety equation

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

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

My plans to help
the driver from the
passenger seat
to do this I will

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

Goals for next month

Did I feel safer through my strategies 😊 ☹️

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Mind Matters Getting in a good headspace

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

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

My plans for managing mindstate are
_____ to do this I will

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

Goals for next month

Did I feel safer through my strategies 😊 ☹️

RYDA

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Breaking my worst habit as a road user

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

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

My worst habit as a road user is _____
I will break it by _____

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

Goals for next month

Did I feel safer through my strategies 😊 ☹️

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The I 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 judgement about an experience or person.

After looking closely at my personality I'm going to 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

Goals for next month

Did I feel safer through my strategies 😊 😞