

4front Driving School
Self reflection Journal

Name:	Date:
What did you achieve or do well on today in your lesson? (A positive reflection)	
What didn't go so well or what happened that might be worrying you? (A constructive self criticism or worry)	
How does it make you feel?	
Re-write your worry or problem in a constructive manner, what will you do differently next time so that you improve your performance and reduce anxiety, worries or faults?	

<p><u>Constructive self criticism</u> I was disappointed in.... but.... I know that it didn't go to plan when I.... because I understand why it didn't go to plan when I.... because.... I understand where I went wrong..... however.... If I had.... then.... My.... went wrong because.... I was not as focussed today because.... however next lesson I will..... I was lost concentration..... because.... I made the mistake of..... because.... The area I want to improve on is..... The area that did not go so well today was.... My target based on todays lesson is.... I want to improve on because I was aware of when.... happened, to improve on this I will.... I want to get better at.... and to do this I will....</p>	<p><u>Positive reflections</u> I did well at today I achieved a good.... I was praised for.... I reacted well when.... I stayed focussed during.... My has improved since last lesson. I am getting better at My ability to..... is improving. I am proud of..... I am proud of the way I..... My instructor was pleased with the way I.... I enjoyed I proved that I can I have learnt how to..... I have successfully.....</p>	<p><u>Positive targets</u> I want to get better at.... I believe I can achieve.... Next lesson I will.... Next time I will try to.... I will focus on.... I will get better at.... My goal is to.... I know I can.... I can achieve.... I will progress... I want to develop my.... My instructor and I agree I will....</p>
<p><u>Present Tense Affirmations</u> I am sailing through my driving test I am a focused driver I am confident in my driving abilities I am calm and relaxed behind the wheel I enjoy driving I am an aware and confident driver</p>	<p><u>Future Tense Affirmations</u> I will be confident during my driving test I will be focused behind the wheel I will remain calm during my test I will enjoy taking my driving test I will concentrate on my driving</p>	<p><u>Natural Affirmations</u> Driving comes naturally to me I feel motivated to pass I want to pass, I want to do this, I believe in myself and my ability I have confidence in my driving Focusing is easy for me My concentration level is high My demeanor is calm</p>

<p>I am staying calm during my driving test</p> <p>I am enjoying my driving test</p> <p>I can pass my driving test.</p> <p>I want to pass my Driving test.</p> <p>I am focusing on passing my driving test</p> <p>I am passing my test</p> <p>I can make the correct judgments when parking.</p> <p>I can stay focussed</p> <p>I am ready to face the challenge</p> <p>I can achieve a parallel park as I have done before.</p> <p>I am taking my test for me</p> <p>I'm calm, relaxed and competent when I parallel park</p> <p>I always make the correct judgments when parking</p> <p>My driving instructor believes in me,</p> <p>My driving instructor believes I can do it.</p> <p>I believe I have the ability to pass my Driving test</p> <p>I'm calm, relaxed and competent when I parallel park</p>	<p>I will be free from distractions</p> <p>I will pass my driving test</p> <p>I will thrive under pressure</p> <p>I will stay in control while taking my test</p> <p>I am going to easily pass my test</p> <p>I will stay focused during my driving test</p> <p>I will pass my test</p> <p>I will try my best</p>	<p>Others see me as a careful driver</p> <p>My awareness is high when behind the wheel</p> <p>My emotions are controlled</p> <p>Driving tests are fun</p>
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Eg: I get really worried turning right on roundabouts. Today I was asked to turn right on the busy roundabout and I had an anxious feeling creep into my stomach.

It's normal for someone to feel worried about turning right on a busy roundabout. I am not alone, but have my instructor with me to guide me and support me until I become confident enough to achieve this independently.

What will you do next time if you face this fear again?

I will tell myself it is normal to be worried, but I have faced this problem before. I am getting better at this and can do it. If others can face this fear and overcome it then so can I.

Roundabouts are designed to improve the flow of traffic and make my Driving experience easier so I am going to improve my skills so that I can use them to their full potential.

I am worried about making mistakes.

Learning from mistakes is part of how we challenge ourselves to learn to do things differently. It motivates us to try new, innovative approaches to problem-solving. Throughout a lifetime, learning from mistakes helps develop wisdom and good judgment.

Next time I will reflect constructively about my mistakes and use my instructors comments develop my strategies and to support my learning. I want to become a safe and competent driver. I accept mistakes as part of my learning. It's not wrong to make a mistake. My instructor will support me with this.

I am worried there is too much to learn and it will take me ages to get good enough to pass. I know and understand that I need to learn the skills required to pass my Driving test. If I take each stage in small chunks then air will build on my skills and become test ready. I need to take each step at a time and reflect back on what I have achieved. The end goal is my target and I will get there in my own time when I am ready. I become better and improve my skills over time.

I am worried about failing my Driving test as some of my friends have already passed or passed first time.