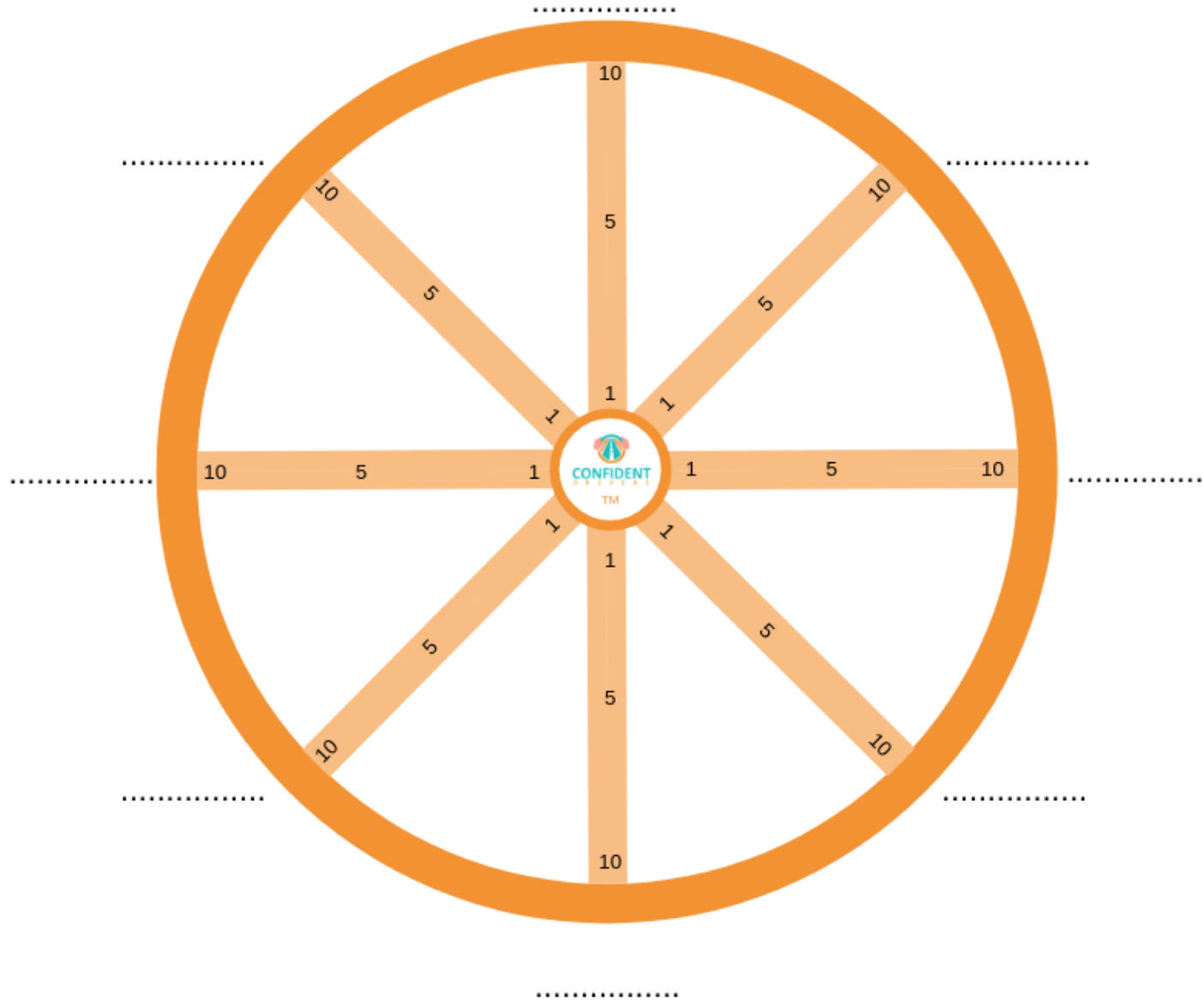


Confident Drivers

Driving Test Coaching Wheel



Confident Drivers

Driving Test Coaching Wheel

Instructions

Choose 8 areas from the list that you want to work on and add one to the dotted line at the end of each of the spokes of the wheel.

With 0 being not confident and 10 being happy, score yourself on each of the different areas by marking your score on the relevant spoke.

Once you have scored each of the eight areas join the marks together in a clockwise direction so that you end up with a shape within the wheel.

Questions:

Consider the following questions for each of the areas:

Rank its priority level from 1-8

What are your current strengths in this area?

What is your end goal for this area?

What is the first step you can take towards your goal?

What barriers are there that might stop you?

What action can you take?

What is your target date for achieving your goal?

List:

Theory test, Cockpit checks, Safety Checks, Controls & Instruments, Moving Away & Stopping, Angle Start, Uphill Start, Safe Positioning, Mirrors - Vision & Use, Signals, Anticipation & Planning, Progress, Use of Speed, Meeting other traffic, Roundabouts, Pedestrian crossings, Country roads, Dual carriageways, Parallel parking, Bay parking forward and reverse, Emergency stop, Pulling up on the right hand side of the road, Darkness, Weather conditions, Independent Driving, Vehicle safety questions, Driving nerves, Concentration, Stranger in the car, Confidence, Not knowing where going, Junctions: Turning left, Turning right, Emerging left, Emerging right, Crossroads, Traffic Lights, Other

Confident Drivers

Driving Test Coaching Wheel

Priority	Area	Scale	Strength	End Goal	Step 1	Barriers	Action	Target Date
	Example - Hill starts	7	Ok when no one around	Be more confident when others behind me	Practice in quiet area	Might stall, scared of rolling back	Need to focus on what I need to do rather than think of cars behind me	30th Jan
1								
2								
3								
4								
5								
6								
7								
8								