

MY REFLECTIVE LOG



NAME.....

START DATE.....

How to Use This Reflective Log

This simple log is your quick tool to pause and think before and after each driving lesson.

Taking a few minutes to write down your thoughts helps you:

- Understand how you're feeling and prepare your mind
- Notice what you're doing well and where you want to improve
- Learn from challenges without judgment
- Build confidence step-by-step

You can write as much or as little as you like. There are no right or wrong answers—just your honest thoughts.

Bring this sheet to every lesson or keep it handy to reflect as soon as possible after driving.

Why Reflection Matters

Learning to drive is a journey, not just a skill. Reflecting helps you slow down and really notice your progress.

When you reflect regularly, you:

- Become more aware of your strengths and what needs practice
- Learn to manage nerves or frustration calmly
- Build your confidence by recognising your own growth
- Develop safe, confident habits that last a lifetime

***Reflection turns experience into learning—
and learning into confidence.***

My Driving Reflective Journal

~ Calm Driver, Confident Driver – Learn with Purpose, Drive with Confidence ~

How to Use This Journal

This is your personal space to think about your driving journey.

Write honestly — there are no right or wrong answers.

Reflection helps you:

- Notice your progress
- Understand challenges
- Grow your confidence
- Prepare for driving independently

Bring this to each lesson so you can update it while the experience is fresh.

Before My Lesson

Date: _____

Lesson Number / Topic / Goal:

1. How am I feeling right now?

2. One thing I want to focus on today:

3. Anything from last lesson I want to revisit or improve:

After My Lesson

1. What went well today?

2. What challenged me today?

3. How did I manage those challenges?

4. One thing I learned today that will help me next time:

5. My confidence level after this lesson (circle one):

0 1 2 3 4 5 6 7 8 9 10

Weekly Reflection (Optional)

What progress have I noticed in myself this week?

What's still a work in progress?

How am I feeling about driving overall?

My Calm Learning Reminders

~ Curious, not Critical – mistakes are information, not failure. ~

~ Assess without Absorbing – see what happened, but don't carry it with you. ~

~ Listen for Meaning – from feedback, from the road, from yourself. ~

~ Manage the Moment – if you feel stressed, breathe, reset, and carry on. ~

“I’ve Passed!!!” Reflection

1. What am I most proud of?

2. How have I grown as a driver and as a person?

3. What skills and habits will help me stay safe and confident after I pass?

4. My advice to my future self as a new driver:
