



Part 2 Training: Reflective Log
Reflecting on today's self-practice session

Date

How long was this practice session?

What did I practice today?

What went well?

What didn't go so well? Did I make any mistakes? If so, what were they?

Did I find any aspect of today's drive challenging? If so, what can I learn from this experience?

Considering the above, is there any part of my driving that I need to improve?

What is the plan for my next self-practice session? Where will I go and what will I be practicing?