

Welcome to Day 3

Date: _____

If you have lost connection and need help call this number:
0208 99 69 639



Name: _____

Triggers			Coping Strategies
Lifestyle	Work	Social	
•	•	•	•
•	•	•	•
•	•	•	•
•	•	•	•
•	•	•	•

A high risk situation for me could be

If Then

If Then

S _____

M _____

A _____

R _____

T _____

My SMART goal:

Making it a success

Rewards

Support

Organisation

Contact



Stage I am at:

What I am doing that puts me at that stage:

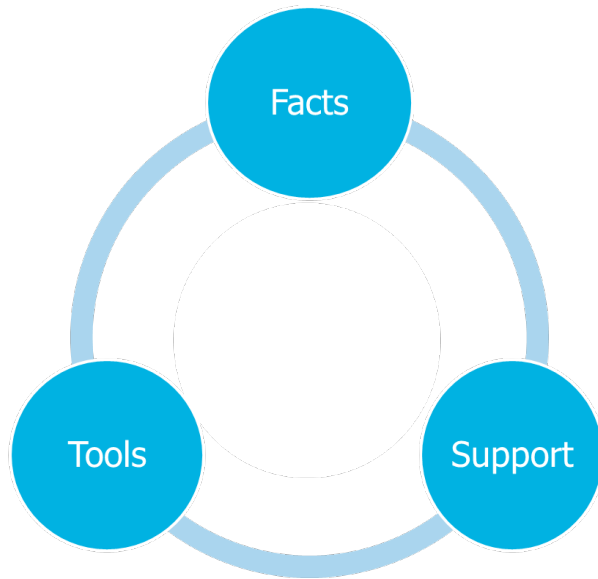
My next steps are:

Knowledge Quiz Review

1		6	
2		7	
3		8	
4		9	
5		10	

Total Wk 1 Total Wk 2

The return of your driving Licence



My change contract

I agree to...

I will...

I am going to...

Signed

Date

Notes

Remember:

Unrealistic Optimism

Downward Comparison

Illusion of Control