

Reflective Log

It is a good idea to look back at a lesson or when practicing and reflect on what has happened, both positive and negative. Please take some time to fill in the reflective log a little while after you have driven. You can bring the log along to your next lesson and share your thoughts and experiences with me so we can look at ways to improve on your lessons or you can just keep this for yourself to look back at it as a reminder to talk about with me.

Date:	Weather conditions:
How was I feeling before the drive?	
What went well today?	
What didn't go as well as I would have liked today?	
What could I do next time to help with what did not go as well as I would have liked?	
Looking at you're driving in general and the above box. What could you do to do to improve?	
How could you achieve this? And how much help would you like from your instructor?	
How was I feeling after the drive?	
Notes	

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