



## Positive Driving Affirmations

**How to drive confidently and calmly in any situation.**

- P** Before starting the car, I make sure that I am seated comfortably and my mirrors are correctly adjusted.
- P** Before starting the car I always make sure that my seatbelt is on and safely fastened as well as those of my passengers.
- P** Once I have the car started, I make sure that there are no lights showing on the dashboard that should not be on.
- P** I know that learning any new skill takes time and the more I practice correctly the more confident and competent I will become.
- P** I know that humor and laughter are important learning tools in any new endeavor.
- P** When driving I never let the actions of the driver of vehicle behind me negatively influence my driving behavior.
- P** I stay calm even when other drivers may sound their horn or act impatiently towards me.
- P** I check my Centre, left and right mirrors every 10 seconds or so.
- P** I wait for 5 seconds with my right indicator on and do all my head checks before leaving the kerb and moving onto the road.

**P** I change lanes confidently and assertively, I always put my indicator on first in the direction I want to go, check my mirrors and blindspot and move smoothly across when it is safe.

**P** I am calm and relaxed while driving. I keep my focus totally on the road and I have confidence in my ability to drive safely.

**P** I trust and believe in my own abilities. I'm excited to be doing my road test and the freedom that having my drivers license will bring.

**P** I am able to confidently and clearly tell my instructor or my supervising driver what I'd like to practice in my driving lesson.

**P** I am always aware of my speed and able to stay safely at or if necessary, below the posted speed limit.

**P** I always do my blindspot checks correctly by turning my head-chin to my shoulder in the direction that I want to move.

**P** When driving I always observe a safe following distance of at least 3 seconds from the car in front of me.

**P** I see the back tyres of the car in front of me touching the ground when I am stationary, or stopped at a set of lights.

**P** I check my centre mirror and left and right mirrors regularly especially when approaching a set of lights where the lights may change to orange and I need to prepare to slow down and stop safely.

**P** I always slow down on approach to an orange light and prepare to stop if safe to do so.

**P** I am observant about my position on the road when I am driving. I stay left on a road with no lanes marked when I can do so safely.

**P** I allow about 1 metre or whatever a safe distance is when passing stationary vehicles on the side of the road. I take as much of the road as I need to pass safely and no more.

**P** When going through intersections I do a brief headcheck left and right as I am entering the intersection.

**P** I stop the car completely at stop signs for 3 seconds. I spell S.T. O.P to myself, do my headchecks and move when safe.

**P** On approach to give way signs I slow down and prepare to stop and give way to all traffic and pedestrians and cyclists.

**P** When coming to roundabouts I give way to oncoming traffic turning right, traffic approaching from the right and make sure that I do my headchecks both on approach to the roundabout and as I am turning or going straight ahead.

**P** I understand that the rule of the roundabouts is "Whoever is in the roundabout has the right of way."

**P** Whenever I use my brakes or my indicator's my eyes automatically check my centre mirror.

**P** I look ahead as far ahead as I can in order to anticipate any change in traffic flow. I am able to take action early if needed.

**P** I am especially observant when approaching pedestrian crossings, I slow down if someone is within 3 meters and prepare to stop and let them walk completely across from one footpath to the other footpath. I do not move my car until, they left the road and are on the footpath.

**P** At red traffic lights when my vehicle is stopped, I make sure that I am one metre from the solid white line and when the lights go green, I look both ways left and right before moving.

**P** When I do a "return to the kerb" or a "kerbside stop" I make sure I indicate left as I am slowing down and moving to the left. I always Do a blindspot check as I move my vehicle to the left side of the road before stopping.

**P** I know if I get nervous or worried about the traffic conditions it's okay to find somewhere safe to stop the car and have a rest before continuing.

**P** When I am driving, my hands are relaxed on the steering wheel and my breath is calm and even.

**P** At any time when and before I am doing my reverse park or three point turn I make sure that I look around before I move my car. I indicate right as I move away on my 3-point turn

**P** I make the time before my lesson to visualize what I want to do and achieve in today's session

**P** I make the effort to read my "road users guide" for a few minutes each day knowing that this will help me to know what I need to know and to give me the ability to drive safely and with confidence.

**P** I enjoy practicing and getting better at the things that I am not confident at doing, I'm always working to improve my skills in all areas of my driving.

**P** I enjoy the challenge as my skill progresses of going to different places in different conditions at different times.

**Contact kim to book a lesson 0409771606**



**If you enjoyed your lesson and reading this we'd LOVE you like our page  
and get Lots more helpful articles post to FB at:  
[www.facebook.com/Fittodrive](http://www.facebook.com/Fittodrive)**



Kim, owner of Fit2Drive School is an gold accredited "k2d" award winning driving instructor and CEO of ADISA "Australian Driving Instructors Service Association"- dedicated to excellence in teaching driving.

He has authored numerous articles and books on both safe driving techniques as well as customer service and marketing skills for the Driving instructor industry

You as a learner will learn some road skills to help become a SAFER driver and your "supervising driver" will learn how to teach you with less stress and pick up a few pointers themselves without you picking up mum or dads long ingrained habits that MAY not be the best.



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# REAL REVIEW



HI KIM, IT'S RACHAEL, JUST WANTED TO SAY THANK YOU SO MUCH FOR YOUR SUPPORT AND ENCOURAGEMENT WITH DRIVING. I DEFINITELY COULDN'T HAVE GOT MY P'S WITHOUT YOU. I APPRECIATE EVERYTHING YOU'VE DONE FOR ME. IN A WAY I'M SAD THAT I'VE GOT THEM BECAUSE THAT MEANS NO MORE LESSONS WITH YOU :( ANYWAY I JUST WANTED TO SAY THANKS + HERE'S A PHOTO OF MY SUCCESS!  
 RACHAEL CHAPPUIS  
 BIDWILL

## Well Done Carly! 99% Pass!



**Leigh Miller**  
**5 star review on Kims Facebook page**  
 As a mother of a L driver of course I was very nervous Kim was recommended to us & I am so happy we chose to go with him . My daughter always came home with a smile after having a driving lesson . Kim is a very patient & kind man and I would definitely recommend him to any parent who is looking for the best for their child . Top instructor!

Fit2Drive-Teaching You To Drive Safely AND Helping You Pass Your Test FIRST Time!

**Fit To Drive School**  
 Published by Kim Martin · May 20 at 12:27 PM  
 Well done to Renee , we just missed the rain and you passed first time just as I told you. It was a pleasure being your instructor 🙌  
 Pax Vobiscum Kim



**Fit To Drive School**  
 Published by Kim Martin · April 4  
 Like many of my students Dylan was a bit nervous :) this morning, and like many of my students he had done lots of "correct practice" lots of hours and lots of driving around the general area of his test.  
 I'll also add thank you to the assessor she was kind showed understanding relaxed and friendly, always helpful!  
 A "Well Done" from the assessor for a technically excellent drive and of course "Red P's" 🙌 See More



**Fit To Drive School**  
 Published by Kim Martin · March 7  
 Well done Molly all your hard work and extra hours paid off at Pakenham. A great run and a triple treat.  
 P!l  
 Goodee bag!  
 Birthday! 🙌 See More



**Fit To Drive School**  
 Published by Kim Martin · May 13 at 1:25 PM  
 An amazing performance by Jagdeep.  
 Only been here 2 months no lessons with an instructor, and I only had ONE and a bit hours before the test to explain all the nuances of what he must do to pass his test.  
 I was ready to tell him that I could not let him go on to do his road test and I would only charge him for the 1 hour lessons when he showed that he could remember... See More



Kims "How Not To Fail Videos" go to [www.fit2driveschool.com](http://www.fit2driveschool.com) and click on "How Not To Fail Videos"

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