



**20isPlenty aims to make New Haven streets safer for pedestrians and drivers by asking drivers to commit to traveling at 20mph throughout the city.**

**Changing driving habits can be hard! Forming intentions can help!**

Use this worksheet to create your new driving mantra! Simply select a statement from the **blue** column and match it to a statement in the **green** column. For example, "If I am tempted to speed when I am late or in a hurry to get somewhere, then I will think about the emotional pain I would suffer if my speeding caused a death or injury to someone."

**If I am tempted to speed...**

- ...when I am late or in a hurry to get somewhere
- ...in order to keep up with surrounding traffic
- ...when I am on a long journey
- ...when I am under pressure from another driver following close behind me
- ...when driving on quiet roads with little or no traffic
- ...after I have been 'stuck' behind a slow-moving vehicle
- ...in order to get through traffic lights that have started to turn against me
- ...when driving on roads which I think should have higher speed limits
- ...when driving on familiar roads
- ...when I feel like there is little chance of being caught for speeding
- ...after I have been 'stuck' in stationary traffic
- ...when another driver is putting on the pressure to drive faster by flashing their headlights/sounding their horn
- ...when being overtaken by other traffic/another vehicle
- ...when I am feeling stressed
- ...when I am listening to certain types of music in the car
- ...when driving past a school
- ...when driving down a road with parked cars
- ...when passengers are encouraging me to drive faster
- ...when I feel the urge to show-off or assert myself
- ...when I feel like the car 'wants' to go faster

**Then I will...**

- ...remind myself that I am not saving much time by speeding
- ...remind myself that drivers caught for speeding face sanctions
- ...think about the emotional pain I would suffer if my speeding caused a death or injury to someone
- ...make a concerted effort to ignore the urge/pressure to speed
- ...rather than speed, I will try to relax and drive in a more careful/considerate/responsible manner
- ...remember how upsetting it is to see/hear about road traffic crashes caused by speeding motorists, and the distress caused to the victims and their families
- ...tell myself that I have the ability to comply with speed limits if I want to
- ...try to avoid putting myself in that situation again in the future
- ...remind myself that speeding increases my fuel consumption, which is bad for the environment and costs me money
- ...remember that I have made a commitment to avoid speeding
- ...tell myself that although it may be an easy and enjoyable thing to do, speeding is a harmful and dangerous habit
- ...remember that speeding contradicts the view I have of myself as a considerate person