



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