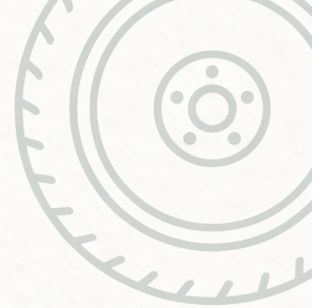




Postcard to Toolbox



MINDFUL DRIVING: The “Now” Checklist

1 The Mirror Scan (Checking Your “Now”)



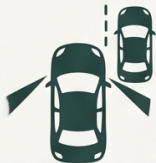
In the Car: Check rearview and side mirrors every 5-8 seconds to maintain awareness.

In Life: Regular internal “mirror scans.” Check breathing, jaw tension, and reaction. Scan your present moment to avoid colliding with unseen stressors.



List 3 internal areas you scan now:

2 The Blind Spot



In the Car: If you don't intentionally shoulder-check, you'll miss a vehicle right beside you.

In Life: Unchecked emotions, subconscious stress, and fatigue are your blind spots. Merge with intention, not reaction.



What blind spots have I been ignoring?

3 Looking Down the Road, Not at the Hood



In the Car: Don't stare at the pavement 10 feet in front. Look way down the road for smooth adjustments.

In Life: When micro-panicked, you only see the immediate problem. Be mindful, lift your gaze to the horizon, and steer smoothly. No mental slams on the brakes.



List 2 horizon goals for smoother steering: