



# DRIVER'S LICENSE SUCCESS PLAN

## WORKSHEET

Your plan. Your progress. Your freedom.

### GOAL

Build confidence, overcome barriers, and create a step-by-step plan to earn your driver's license.



Driving Skills



Anxiety  
Management



Goal  
Setting



Action  
Planning



Confidence  
Building

*"Every journey begins with  
one confident step."*

# Driver's License Success Plan Worksheet

**Goal:** Get my driver's license and be able to drive independently to work.

## Part 1: Understanding the Goal

**Why is getting my driver's license important to me?**

- What will change in my life when I can drive?
- How will driving help with work, independence, finances, or daily stress?

**My reasons for wanting a license:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**How motivated am I right now?**

(0 = Not motivated, 10 = Extremely motivated)

0 1 2 3 4 5 6 7 8 9 10

Current Rating: \_\_\_\_\_

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## Part 2: Exploring Barriers

What has made it difficult to get a license so far?

- Anxiety about driving
- Fear of failing the test
- Lack of practice
- Lack of access to a vehicle
- Difficulty studying
- Financial concerns
- Previous negative experience

Trouble staying motivated

Other: \_\_\_\_\_

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### **Part 3: Problem-Solving**

For each barrier, identify a possible solution.

<b>Barrier</b>	<b>Possible Solution</b>
Example: Fear of failing	Practice test twice weekly
_____	_____

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### **Part 4: Coping Skills for Driving Anxiety**

When I think about driving, I notice:

Thoughts:

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Feelings:

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Body sensations:

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### **Helpful Coping Skills**

Deep breathing (4-4-6 breathing)

Positive self-talk

Visualization of successful driving

Progressive muscle relaxation

- Taking practice one step at a time
- Listening to calming music before practice
- Grounding exercise (5-4-3-2-1)
- Asking for support from a trusted person

My favorite coping skill:

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## Part 5: Challenging Unhelpful Thoughts

### Unhelpful Thought

"I'm going to fail."

### More Balanced Thought

"Many people need multiple attempts and still succeed."

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## Part 6: Small Steps Action Plan

What steps do I need to complete?

- Obtain permit
- Study driver's manual
- Complete practice tests
- Schedule driving lessons
- Practice parking
- Practice highway driving
- Schedule road test
- Take road test

Other:

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## Weekly Goal

This week I will:

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Confidence Level (0-10): \_\_\_\_\_

If confidence is below 7, what would make it easier?

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## Part 7: Future Visualization

Imagine it is six months from now and you have your driver's license.

- What are you doing differently?
- How does your day look?
- How does driving to work affect your confidence?
- What are you most proud of?

Write a letter from your future self:

*"I got my driver's license. The thing that helped me most was..."*

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## For Clinicians:

### Therapist Processing Questions

1. What does having a driver's license symbolize for you (freedom, adulthood, independence, confidence, responsibility)?
2. Has fear of failure affected other areas of your life?
3. What support systems can help you reach this goal?
4. What strengths have helped you accomplish difficult goals in the past?
5. If you were 100% successful, what would your life look like one year from now?