

# The best way to **change a bad habit** is to **replace it** with a good habit.



## 1. Place phone on the backseat.

2. If a text message comes in and you want to see the message, find a safe place to pull over and stop.
3. Read your message. Decide whether it was worth the effort.
4. Would that message have been worth being involved in a crash?
5. If you must communicate while driving, get a bluetooth connection as a lesser risk; and, learn how to **Find Critical Seconds** that require **100% attention** to control the situation.

Fold on lines. Use glove box as a holder.

**Warning:** Read cue before moving the vehicle.

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For **EXPERT Habits** to form there must be:

1. Clear **standards of performance**.
2. **Feedback** of correct and incorrect performance.
3. **Attitude** and “**willingness**” to want the **habit**.
4. “**Deliberate practice**” until correct **habits** form.



## Place phone on backseat.

You'll be a **positive influence** on your family and friends to keep all safe.



# No Texting While Driving