



Tailgate Topic #6 - Target the Speed Limit

Everybody speeds. Everybody at some point feels rushed pushes up, over the limit. It's even socially accepted speed; everyone does it and the police always give a bit latitude before ticketing. But what's the big hurry?



The Question for this Meeting:

Do you speed? Why?

Tailgate Answers:

- "I go with the flow and everyone is speeding."
- "Police don't ticket until at least 10 km/h over."
- "I'm in a hurry."
- "I don't like to be passed."
- There are lots of excuses or explanations or justifications.



Question:

So everyone speeds and has their reasons, but can you think of any reasons to *NOT* speed?

Tailgate Tips:

- It saves money to keep the speed down. Higher speeds result in higher fuel consumption.
- It's the guaranteed way to never get a speeding ticket.
- If you get used to going the speed limit, and it feels normal, then when you are in a hurry, you may go a bit faster, but if you are already speeding, you will go **MUCH** faster if you are in a hurry.
- Going just a bit faster won't make any real difference in your arrival time. You have to go **WAY** faster to really save time, and that's just too risky.

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Practical Challenge:

Can you drive the speed limit? For the next week, target the speed limit and if there is no real reason (like fast flowing traffic), to go over, just drive the limit (or slower if conditions are poor).



Driving at the speed limit will feel **REALLY SLOW** at first if you are normally 10 or 15 over, because you have become accustomed to these higher speeds as normal. Once you drive the limit for a while though, this resets your internal speedometer and the limit starts to feel just fine. If you go over a bit when you are in a hurry, this will now satisfy the need to feel like you are going faster.

Can you do it? Drive the speed limit for a week. I dare you!

Follow Up Meeting

Get everyone together in a week or so and talk about how this challenge was?

- * When was it difficult?
- * Easy?
- * What did you discover about yourself?

Download a pdf. Version, of this meeting planner at: <http://thinkingdriver.wordpress.com/>

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