

Statement of my BHAG:

"Secure my driver's license and integrate driving into my daily routine."

Why I Want to Reach This Goal:

Driving, for me, is not just a means of transportation; it's a symbol of freedom, autonomy, and a sign of coming of age. Since my early teenage years, being at the wheel has represented a key step towards independence. It's more than mastering a practical skill; it's about personal growth, self-assurance, and the empowerment derived from confidently charting my own course.

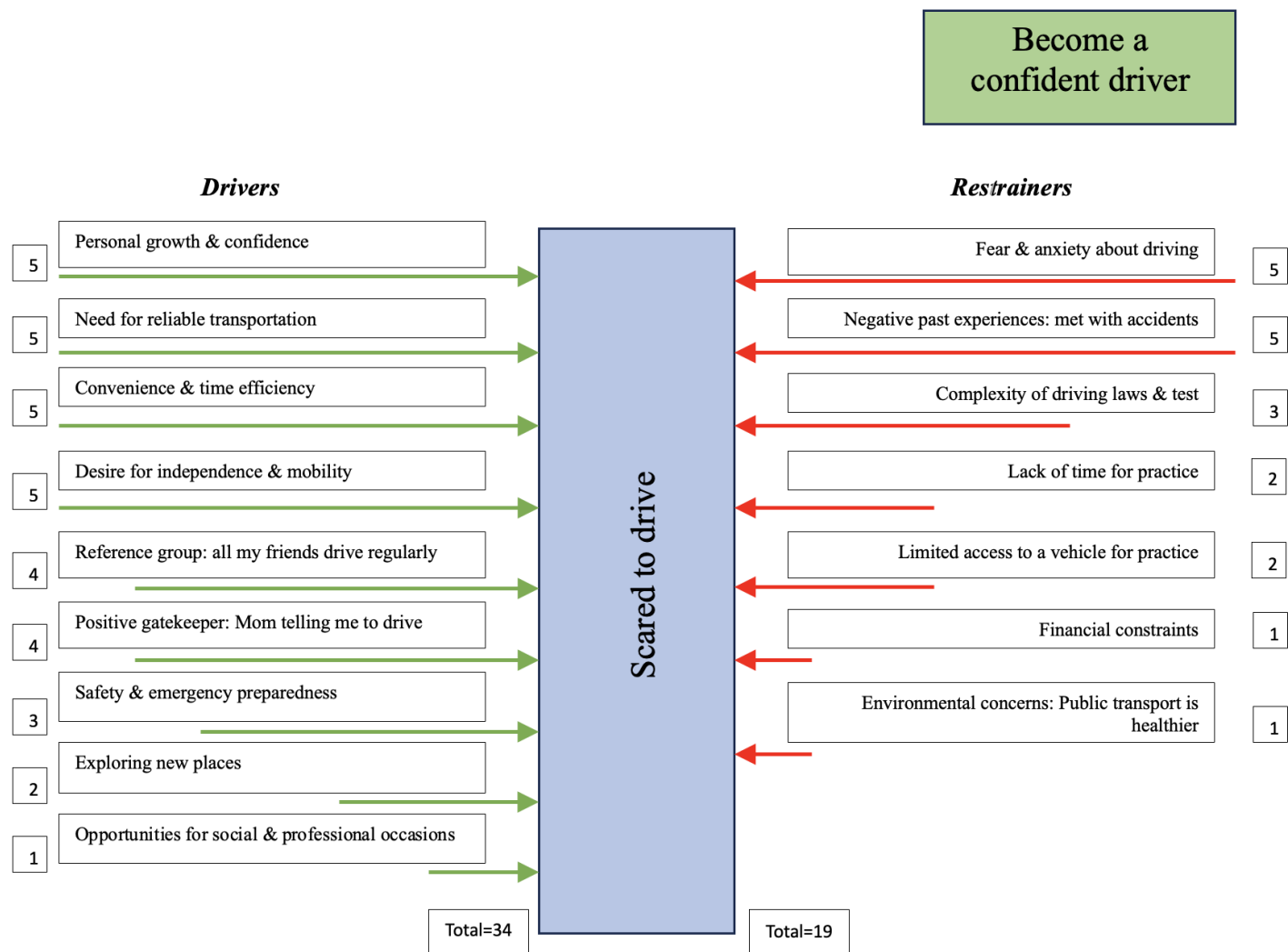
Attaining this skill is crucial not only for its practicality but also for the broader implications in my life. It's a gateway to expanding my horizons, both literally and metaphorically, allowing me to experience life with a new sense of confidence.

Professionally, the ability to drive is synonymous with opportunity. It opens up new possibilities for jobs, attending networking events, and pursuing further education. On a personal level, it means the freedom for spontaneous adventures, the convenience of visiting friends and family, and overall, living a richer, more fulfilling life.

Force Field Analysis Chart:

My *reference group* of friends who regularly drive is one of my primary driving forces in the unfreezing and change phases of Lewin's model. They motivate me, model desired behaviors, and provide practical support, helping me overcome my anxiety and learn to drive. However, in the refreezing phase, their impact lessens as this stage focuses on internalizing driving skills and building my personal habits and confidence. This phase is key to transitioning driving from a learned skill to an integrated, self-sustained part of my identity and daily routine.

A potential *bail-out* for me could be losing motivation or facing a resurgence of fear and anxiety. This might stem from a tough driving experience or not practicing enough. Such emotional and psychological hurdles could suddenly halt my progress in learning to drive regularly. To address this, I'd focus on setting small, realistic goals, seeking support from friends or mentors, and possibly getting professional help if anxiety becomes a significant issue



Action plan:

All of my action items follow the *SMART* (S= Specific, M= Measurable, A= Accountable, R= Realistic, T= Time bound) model to ensure success. Integrating *Kurt Lewin's model of change* – *unfreeze, change, and refreeze* – is particularly effective when addressing my anxiety about driving. I have categorized my action items into unfreeze, change and refreeze. For me, unfreezing is the most difficult part of my journey. Hence, I have added most number of action items under the “Unfreeze category”. I believe once I unfreeze, the “Change” and “Refreeze” items should be relatively easier to achieve mentally.

Goal: Secure my driver's license and integrate driving into my daily routine


Specific Task	Initiative Category	Task Owner	Completion Timeline	Method and Metrics for Evaluation
Research and select a driving school <i>(Unfreeze)</i>	Preparation	Me	Within 1 month (11/30/2023)	Choose based on reviews, cost, and distance; completion marked by enrollment
Set a weekly driving practice schedule <i>(Unfreeze)</i>	Skill Development	Me	Ongoing, starting immediately (11/04/2023) after enrollment	Adherence to schedule; number of hours practiced each week
Create a budget for driving-related expenses <i>(Unfreeze)</i>	Financial Planning	Me	Before starting lessons (11/04/2023)	Monthly budget adherence; savings for car purchase tracked
Start with short drives in familiar areas, gradually	Skill Development	Me	After 5 lessons (11/20/2023)	Comfort and skill level in various driving conditions;

increase difficulty <i>(Change)</i>				feedback from instructor or mentor
Regular study for the driving test <i>(Unfreeze)</i>	Test Preparation	Me	Daily, starting with first lesson (11/04/2023)	Progress in mock tests; understanding of traffic rules and signs
Research and select a vehicle within budget <i>(Change)</i>	Vehicle Acquisition	Me	Within 6 months (01/05/2024)	Decision based on reliability, cost, and suitability; completion marked by purchase
Engage with family or friends for support and advice <i>(Unfreeze)</i>	Emotional Support	Me with Family/Friends	Continuous throughout the process	Frequency and quality of interactions; reduction in anxiety and increase in confidence
Schedule the driving test <i>(Change)</i>	Milestone Achievement	Me	After 2 months of practice (01/02/2024)	Setting a test date post-preparation; passing the test
Integrate driving into daily routines post-licensing <i>(Refreeze)</i>	Habit Formation	Me	Immediately after getting the license (01/08/2024)	Frequency of driving per week; variety of trips (e.g., shopping, work, leisure)
Seek feedback from instructor or mentor during learning process <i>(Refreeze)</i>	Skill Enhancement	Instructor/Mentor with me	During each lesson	Instructor's or mentor's feedback; self-assessment of driving skills

Metrics by which goal completion will be determined:

- **Successful Acquisition of Driver's License:** The primary and most definitive metric.
This will be marked by passing the driving test and receiving the license.
- **Regular Utilization of Driving Skills:** A crucial measure of integration into daily life.
This includes driving a certain number of times per week for various purposes such as commuting to work, shopping, and social events.
- **Confidence and Comfort in Driving:** Measured qualitatively through self-assessment.
Feeling at ease while driving in different conditions (e.g., heavy traffic, highways, night) and not experiencing significant anxiety or fear.
- **Independence in Travel:** The ability to travel to new places without reliance on others or public transport, indicating a significant step in autonomy and mobility.
- **Positive Feedback from Instructor or Mentor:** If applicable, receiving positive evaluations from a driving instructor or mentor regarding driving skills and habits.

These metrics collectively signify not only the achievement of the technical skill of driving but also the integration of this skill into various aspects of everyday life, fulfilling the broader objectives of independence, confidence, and personal growth.

Student's Signature  _____

Date 10/31/2023

Instructor Signature _____

Date _____

Embarking on my journey to become a confident driver, enrolling at Lafayette Road Star Driving School was my initial and crucial step. Their extensive curriculum and expert instructors significantly enhanced my driving skills. Adhering diligently to my practice schedule, I consistently exceeded my weekly targets, gaining confidence in various traffic scenarios. Financial planning was another key aspect of my journey, where I meticulously budgeted for driving lessons and the purchase of a Kia 2023 Rio. I took up a part-time job to help my financials. This process not only aligned with my financial goals but also added to my sense of responsibility and independence.

Emotional support from family and friends played a pivotal role in this journey. Their encouragement helped reduce my anxiety, transforming my driving experience into a more positive and confident one. In my pursuit of becoming a confident driver, I've dedicated 6-10 hours each week to driving practice. This consistent effort has significantly improved my skills and comfort behind the wheel. As I already have my Indian driver's license, I can use it as valid driving permit here in the US for a year, with which I have been practicing so far. I never actually drove after taking my driver's license in India which is why I've lost touch and built up a lot of fear and anxiety around the matter.

Additionally, I've been studying diligently for the driving test, dedicating 2 hours every weekend to ensure a thorough understanding of the rules and nuances of safe driving. This preparation is not just about passing the test but about ingraining responsible and informed driving habits that will serve me for a lifetime. As I continue to progress, I eagerly look forward to taking my driving test on January 17, 2024, my birthday, aiming to make it a memorable and triumphant day. This milestone will mark not just the culmination of my efforts but also the beginning of a new chapter

of independence and confidence in my life. Overall, this journey has been about more than just learning to drive; it's been a journey of personal growth, discipline, and achieving a significant life goal. The experience has been challenging yet incredibly rewarding, demonstrating the power of commitment and structured planning in realizing personal ambitions.

Lewin's Change Model structured my approach at achieving my BHAG- becoming a confident driver, starting with 'unfreezing' my initial apprehensions. I embraced driving lessons and theoretical learning as part of the 'change' phase, planning to integrate these skills into my daily life in the 'refreeze' stage.

The Force Field Analysis was key to my progress. I clearly saw what pushed me forward, like wanting to be independent, and what held me back, such as feeling nervous. Understanding these forces helped me manage them and stay on track, keeping me moving forward despite any difficulties I faced. Kolb's Learning Styles theory guided my approach, making my practice sessions more effective and tailored to my preferred style of learning which is 'accommodating'- between 'active experimentation' and 'concrete experience'. I'd say I've been 'learning on the job' or 'on the wheel' rather.

Strategic Alignment and Implementation guided me in aligning my actions with my overall goal. Every decision, from selecting a driving school, taking up a part-time job on campus, to budgeting for the Kia 2023 Rio, was made with this alignment in mind. This focus ensured that my efforts were cohesive and directly contributing to my objective of becoming a proficient driver.

Emotional Intelligence, was instrumental in managing personal emotions. As I navigated the ups and downs of learning to drive, understanding and managing my emotions, such as anxiety, played

a key role in building resilience and confidence. This emotional management was not just about controlling fear but also about harnessing positive emotions to fuel my progress.

The concept of Strategic Inflection Points taught me to be adaptable. Recognizing and navigating significant changes during my learning process, such as moving from basic skills to more complex driving scenarios, was crucial. This adaptability was a testament to understanding and applying the concept in a practical, personal context.

Edgar Schein's insights on communication and feedback were pivotal in my interactions with driving instructors and family. Effective communication and receiving constructive feedback enhanced my learning experience, making it more enriching and focused. This aspect of the project emphasized the importance of clear and supportive communication in any learning process.

Understanding the Ownership Theory empowered me to take control of my learning journey. Embracing ownership meant being proactive and responsible, which motivated me to engage more deeply with the process. This sense of ownership was crucial in driving my commitment to the goal and ensuring that I remained engaged and proactive throughout.

Lastly, the motivation theories of Maslow and Herzberg fueled my drive and satisfaction. Recognizing the role of self-fulfillment and achievement in my journey, I stayed motivated and focused on the end-goal's picture in my mind- me driving with the windows down on a highway, jamming to Taylor Swift on the radio without a worry in the world. These theories provided a psychological foundation that underpinned my efforts, ensuring that my journey was not only about gaining a skill but also about personal growth and development.