

Does road safety need targeted and lifelong adaptation or accountability or acting against change-initiating neuro plasticity for both?

EVERYDAY
ETHICS



Road safety

“ If you feel *duty bound*, you
feel it necessary to do something. ”

Road Safety Handbooks	Guides
Posters and Feedback elements	Dashboarding



Road safety

Road safety and Accountability Dashboard for the Year 2026

- Certificate of Excellence YES / NO / NOT SATISFACTORY
- Traffic issues or incidences YES / NO / NOT SATISFACTORY
- Compliance with FMVSS standards YES / NO / NOT SATISFACTORY
- Onboarding of NSSR Road Safety objectives YES / NO / NOT SATISFACTORY
- Upgradability of NSSR Road Infrastructure objectives YES / NO / NOT SATISFACTORY
- Traffic Engineering Assets planning YES / NO / NOT SATISFACTORY
- Traffic Engineering Defects Liability YES / NO / NOT SATISFACTORY
- Improved on-road assistance YES / NO / NOT SATISFACTORY
- Cost of Quality /Cost of Poor-Quality Project Assistance YES / NO / NOT SATISFACTORY
- Complexity for Road Safety and Accountability YES / NO / NOT SATISFACTORY



The Accountability Dashboard for Road Safety is a Key Performance Indicator for Key Responsibility Area(s), and Key Performance Area(s) for complex-number-equations afflicted Quality, Reliability and Safety in commuting in environments with dynamics and the universal entropy of randomness or disorder, where Quality promotion and Value stream mapping helps understand the zero-order-factor, first-order-factor and integrity level factor for strategic planning, tactical planning and operational planning related mindset building drivers or activation principles for the environment/roads/road systems/road infrastructure available.

Given the epoch or distinctive stage of life:

How a driver or commuter in an epoch understands the issues of unsafe driving or commuting or supportive living, is dependent on what AOEC calls as Targeted Accountability and Lifelong Adaptation for an Integrity Level Factor to act, train or map one's expectations, where the impactful age groups of drivers or commuters in organization, or institutions, or operations planning experiences or quality of life adaptations varies from 13+ years to 70+ years, where the neuroplasticity of the person's integrity level changes or needs assistance or improves in accountability. This integrity level factor is dependent on what we call as Law of conservation of supportive living, where changes are brought about by Key Responsibility Area(s), and Key Performance Area(s) for complex-number-equations afflicted Quality, Reliability and Safety in environments with dynamics and the universal entropy of randomness or disorder

Distinct epochs / stages for
(A) Assisted adaptation or
(T) Targeted accountability for
Integrity Level Factors for
Road Safety / Supportive Influences

Distinct epochs / stages like
Infant and Childhood (0 to 9 years)

Adolescence & Young Adult (9 to 32
years)

Adulthood and Aging Adult (32 to
66 years)

Early Aging and Dysfunctional
Elderly Aging (66 to 83 years)

Late Stage Aging (83 years +)

Universal drivers for
transformation of the
mind/mindset for specific or
targeted accountability ...

- Exercise
- Learning and Novelty
- Mindfulness &
Meditation
- Sleep and Restful
conditions
- Nutrition and Sustenance
- Integrity Level Factoring

Posters and Feedback elements

Dashboarding

COMMUTE PROBLEM?

Project 



Communication



Teamwork



Adaptability

Project Champions

HR Enablers



Problem-solving



Creativity

Road safety

MINDFULNESS PRACTICES

simplypsychology.org

Mindful meditation



A formal practice focusing on non-judgmental awareness of present-moment experiences.

Mindful breathing



Concentrating on the breath to anchor attention in the present moment.

Mindful movement



Intentionally moving the body to cultivate present-moment awareness, such as walking meditation.

Mindfulness in everyday life



Bringing non-judgmental awareness to routine daily activities.

Body scan



Systematically focusing attention on different parts of the body to increase bodily awareness.

Loving-kindness



Cultivating goodwill towards oneself and others through directed positive thoughts.

Visualization



Using mental imagery to promote relaxation and positive emotions.

3-minute breathing space



A brief mindfulness technique to increase present-moment awareness, especially during stressful times.



Benefits of Mindfulness

- Improved Mood
- Reduced Stress
- Improved Sleep
- Increases Energy
- Relieves Anxiety
- Increases Empathy
- Improved Awareness
- Improves Self-Esteem
- Reduces Depression
- Boosts Focus

MEDITATION BENEFITS

ALPHA

Assistance



Kindness increase



Concentration increase



Control

PROBLEM?



Self-esteem improve

Road safety

Duty Line Icons Collection.



Reduce stress

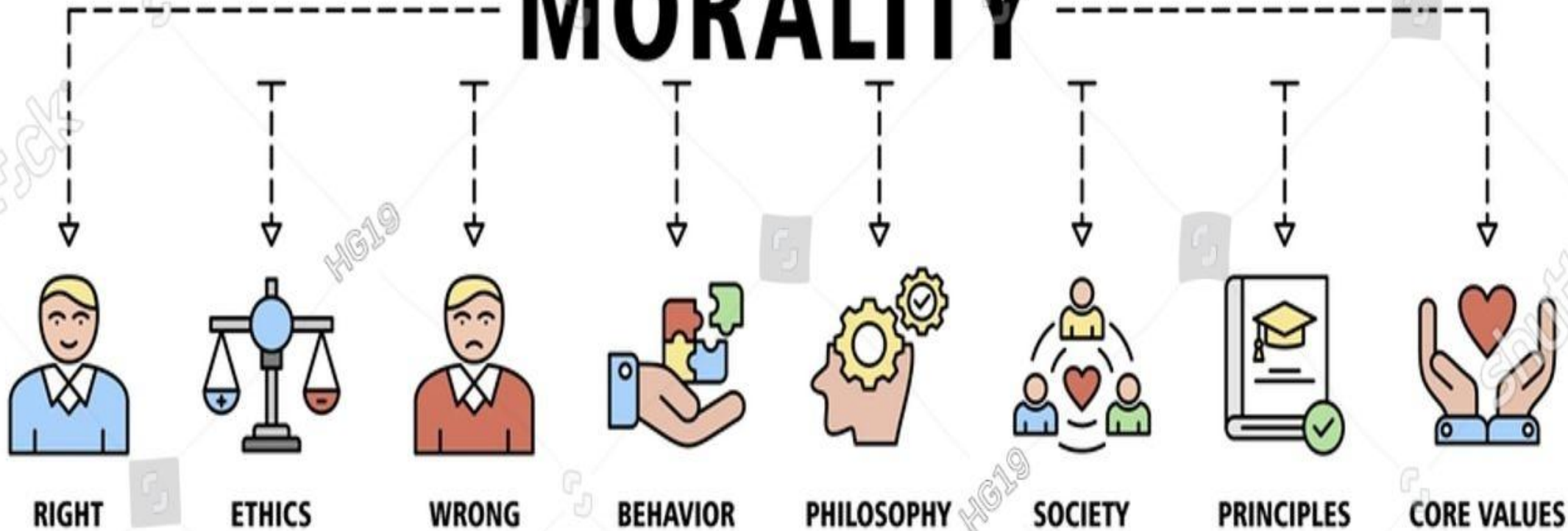


Overcome addiction



Manage anxiety

MORALITY



Road safety

Daily

...as if your life depended on it.

RESPECT
AND
TOLERANCE

RESPONSIBILITY
AND
ACCOUNTABILITY

FAIRNESS
AND
JUSTICE

HONESTY
AND
INTEGRITY

“ If you feel *duty bound*, you
feel it necessary to do something. ”

COMPASSION
AND
EMPATHY

ROLE
MODELING
AND
FEEDBACK

EVERYDAY
ETHICS

SELF
REFLECTION

BUILDING
ETHICAL
RELATIONSHIPS

ETHICAL AND
MINDFUL
DECISION
MAKING

COMMITMENT
TO GROWTH

CONSISTENCY
IN VALUES

Road safety

Projectization approach

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Road safety

Mindfulness

Daily

...as if your life depended on it.

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increased commuting due to counter-urbanisation. Think in terms of **social (people)**, **environmental (nature)** and **economic (money)**.



COMMUTE PROBLEM?

increased commuting due to counter-urbanisation. Think in terms of **social (people)**, **environmental (nature)** and **economic (money)**.

*Commuting is an integral part of our daily lives, shaping our experiences and influencing our productivity. This **feel it necessary to do something.** **helps?** understand the challenges individuals face in their daily journeys **mindfulness** **...as if your life depended on it.** **s** will contribute to identifying key areas for improvement in transportation, making it more efficient and tailored to the needs of commuters.*

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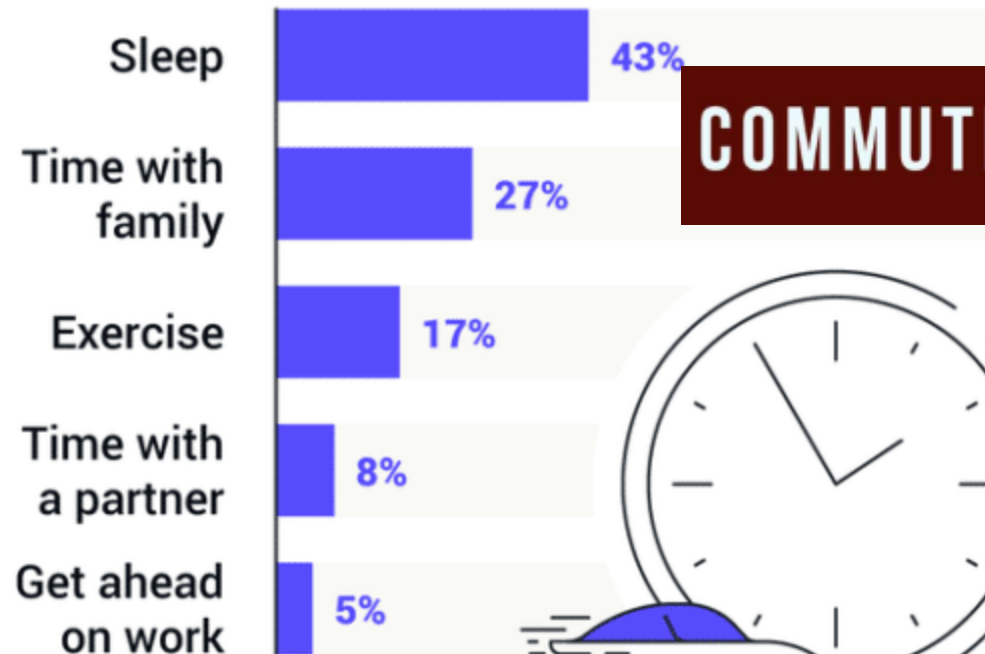


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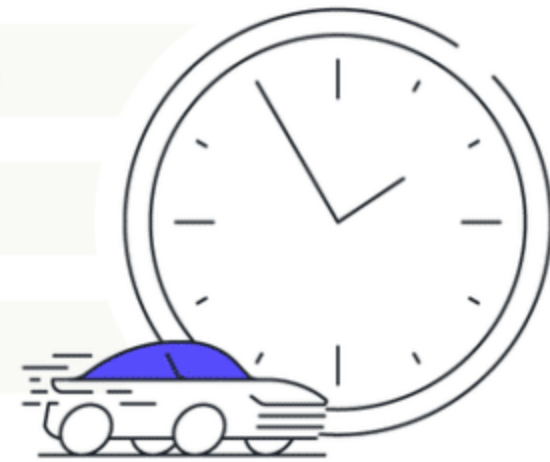
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COMMUTE PROBLEM?

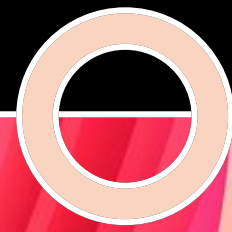
What People Would Rather Spend Their Commute Time On




COMMUTE PROBLEM?



*Percentages were calculated after excluding open-ended responses.



Duty Line Icons Collection.

mindfulness  QUALITY OF LIFE

Positive Traits

Road Safety Handbooks

Guides

Posters and Feedback elements

Dashboarding

Practice

Practice

Practice



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Community of Practice

How to Practice Mindfulness

1

Take a seat. Find a place to sit that feels calm and quiet to you.

2

Set a time limit. If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3

Notice your body. You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.

4

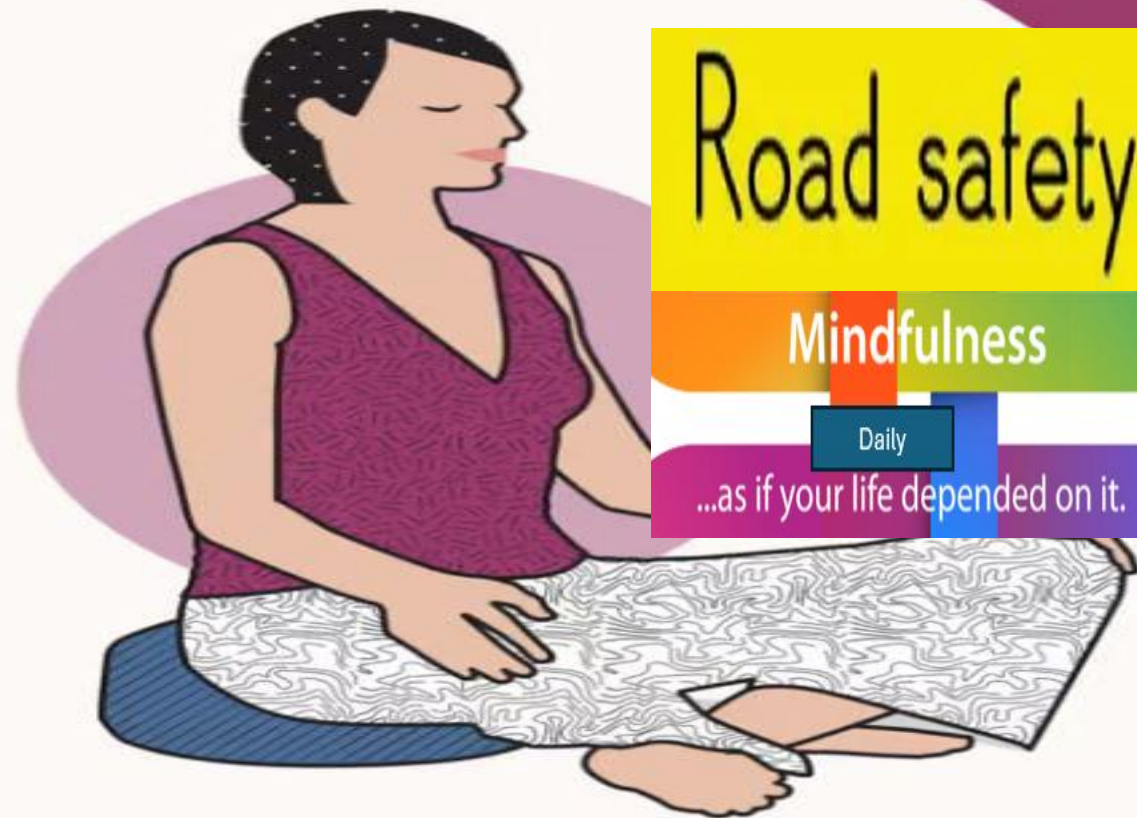
Feel your breath. Follow the sensation of your breath as it goes out and as it goes in.

5

Notice when your mind has wandered. When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.

6

Be kind to your wandering mind. Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

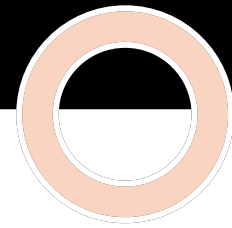




10 traits



QUALITY OF LIFE



To accomplish goals & well-being in your academics, profession & career, there are 7 + 3 common traits

1. Believe in the Power of yourself
 2. Understand Relationship Building capabilities, and also involve yourself when one can team
 3. Rethink or develop Mastery in what you communicate, as verbal/visual/statistical focus, commitment or actionables
 4. Know that what you do in life can need high energy levels, be it at the Physical, Mental or Spiritual levels
 5. Plan for clarity, as if you can read your work or communication after some time, it should remain un-modifiable
- Practice** mindfulness

6. Believe and Have Faith, Practice thanksgiving

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7. Details methodologies that can be used when working on actionables, this is to set a good understanding

8. Act with Passion and Positivity, whether it means your role or a team's role or a company's role or any life related role

9. Condition your response, by maintaining an Emotions Diary that you can refer to while involving yourself or expecting to involve yourself for remedial understanding

If you are satisfied with how you have behaved on reviewing your emotions diary, then set the clarity by telling people involved that you did rethink but have nothing to add or resolve

If you are not satisfied with how you have behaved on reviewing your emotions diary, then develop clarity by telling people involved that you did rethink but have something to add, improve or resolve

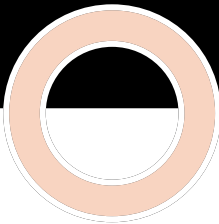


Mindfulness

Daily

...as if your life depended on it.






10. Improve your problem solving abilities by

(a) **Getting to the fundamentals** (all requirements for involvement can be fundamentally some strength in doing so, some weakness to remedy, some opportunity to achieve, some threat to practical well-being and some problem-or-solution review),

(b) **By interrogative review** (that is asking the 5 W(s) i.e. What do I need to do, Which do I need to do, Why do I need to do, Whom do I need to involve and Workout what else is needed) and



(c) **By objectivity** (should this involvement just work, should this involvement work better, should this involvement work for satisfaction levels that can be defined or related to, should this involvement work to make belief practical (for example seeing the work by the artist is not belief but “seeing” what has gone into a work of art is practical belief)).

Mindfulness

Daily

...as if your life depended on it.

Life Quality



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Explanations of few terms

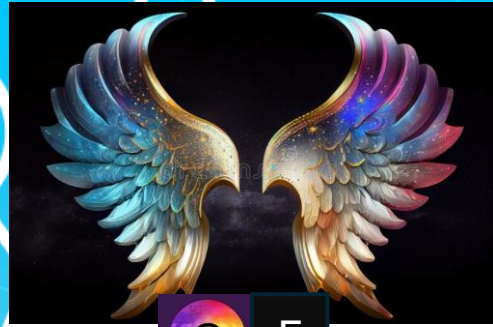
+ “Seeing” refers to positivity, focus and control

+ An open-door policy to positivity at each level of involvement stands for

(1) Recording **Expectation, Event or Incidence tabulations** can help us understand whether our mindset & attitude is positive or negative

(2) **Ask yourself if something can be done** to add positivity or to relieve stress, rather than being silent to act as if nothing happened

(3) **Ask for pro-active understanding**, if the issue affects people or a person where you cannot answer the question or issue raised by steps (1) and (2)



CONNECTIVITY & INTEROPERABILITY

URL: <http://www.copq-q-centre.com>