

TRY SOME AFFIRMATIONS

Try saying these phrases, looking yourself in the eye in either the bedroom or the bathroom mirror before you start a study session.

You might feel a bit silly to begin with, but all these things are true, and you deserve to feel and believe them.

I am doing my best to prepare for these exams.

I am confident in my determination to do well.

I am able to concentrate.

I can take in information and recall it when I need to.

I can use my Growth Mindset thinking to help me feel focused and keep me trying.

I believe in myself.

I am worth the effort.

I deserve a great future.

I can do hard things.

(Add your Own)

