

# 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)**

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