

Name:

Date:

Section:

Score:



Build Your Test-Taking Confidence



When taking exams, it is essential that you forge a mindset of confidence and focus. To do this, you need to cultivate thoughts that are positive and empowering.

For the following task, you need to write down 5 affirmations that you can rely on during exams.

These are statements and ideas that will help calm your nerves and focus your mind when test jitters emerge.

Here are some example statements:

- **I embrace challenges as opportunities to demonstrate my understanding.**
- **I remain calm and composed, even if I encounter difficult questions.**
- **I am proud of myself for taking this test and giving it my all.**

Now it is your turn to write 5 affirmations that will make you feel more confident and empowered while taking exams.

1)

2)

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