

7 Things to Think About the Night Before an Exam

by @Inner_Drive
www.innerdrive.co.uk

1 POSITIVE IMAGERY
Spend some time visualising a positive exam experience. This will increase your confidence, help with nerves and enhance your mood.

2 YOUR BEST PERFORMANCE
Think about a previous good performance. What helped you do well that time and how will you apply that tomorrow?

3 YOUR PREPARATION
Boost your confidence by reminding yourself of how well you have prepared and how much revision you have done.

4 FOCUS ON YOU
Focus on yourself and don't compare yourself to others as this will make you feel stressed. Instead, focus on what you can control.

5 THE CHALLENGE
If you see the exam as a threat, it will make you stressed. View the exam as an opportunity or as a challenge. This will make you feel better.

6 OVERCOMING SETBACKS
Remind yourself how you overcame previous setbacks. This will help you deal with future challenges and build mental resilience.

7 A GOOD NIGHT'S SLEEP
A good night's sleep helps improve creativity, problem solving, concentration and memory. This is more important than last minute cramming.

