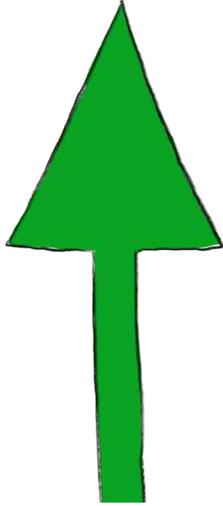


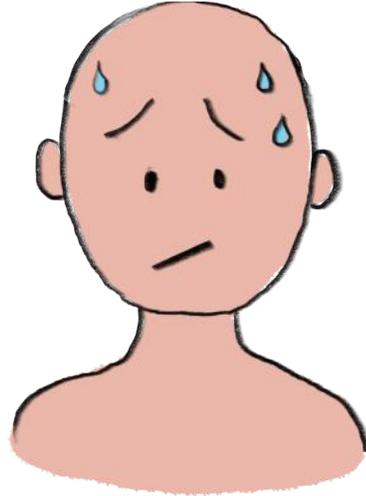
(Bring on the Jitterjes!)

**I'm getting excited to rise to the challenge.**



(Bring on the Jitterjes!)

**A little stress can actually help me do well on this test.**



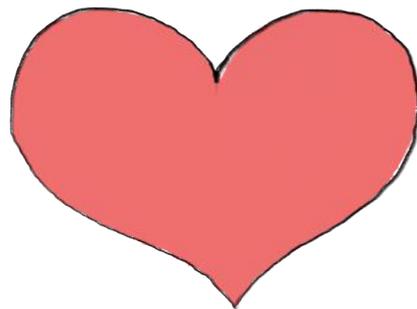
(Bring on the Jitterjes!)

**I feel my body preparing me for this challenge.**



(Bring on the Jitterjes!)

**My heart is racing; my body is getting me ready for this test.**



(Bring on the Jitteries!)

**I feel my body getting tense;  
my body is preparing  
me to do my best.**



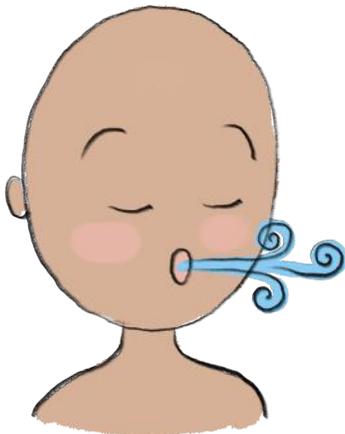
(Bring on the Jitteries!)

**I feel fidgety; my body is  
excited and ready to rise to  
the challenge of this test.**



(Bring on the Jitteries!)

**I feel nervous; my body is  
preparing me for this test.**



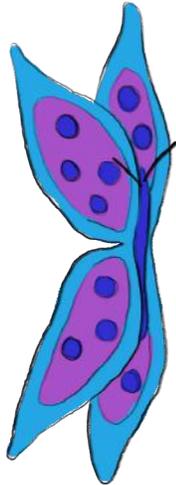
(Bring on the Jitteries!)

**I feel in the zone; I am  
ready for this!**



(Bring on the Jitteries)

**I have butterflies in my stomach; my body is determined to do well on this test.**



(Bring on the Jitteries)

**My palms are sweating; I'm starting to get energy to do well on this test.**



(Keep it in Perspective)

**At first, when I learned to tie my shoes it was really tricky and required my undivided attention. Now, I can tie my shoes without even thinking about it. If I'm struggling to learn something in school, I know that my brain is just catching up to the new information I'm learning; I will get there.**



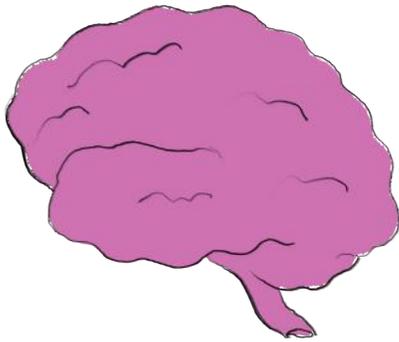
(Keep it in Perspective)

**If I'm worried about failing, I'll give it some attention, and then let it go. I'll ask myself, what's the worst case scenario, what's the best case scenario, and finally, what's the most likely outcome?**



(Keep It In Perspective)

**My brain is plastic. This means that it changes as I learn new things. My skills and talents will change and build over time and through life experience. If I'm not where I want to be right now, I have the capacity to improve.**



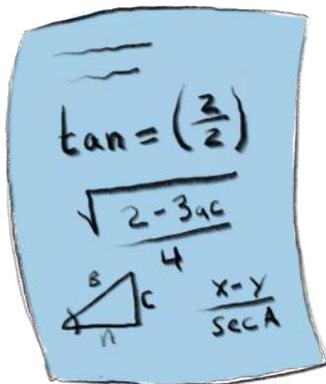
(Keep It In Perspective)

**Bill Gates, who is considered one of the most successful business CEOs in the world, dropped out of Harvard. This helps remind me that academic success is not the be all and end of my future.**



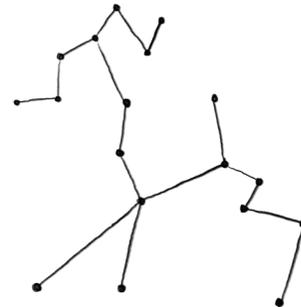
(Keep It In Perspective)

**This one test is not a measure of my success as a person. In the words of Winston Churchill, "Success is not final, failure is not fatal: it is the courage to continue that counts."**



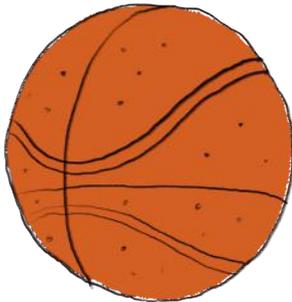
(Keep It In Perspective)

**I am just a tiny speck in this universe, and looking up at the stars is just one way to remind myself of that. The star closest to us is called Alpha Centauri, and it would take 4.3 years to reach it at the speed of light. When I think about it this way, the consequences of this test are, well, pretty inconsequential.**



(Keep It In Perspective)

**NBA superstar Michael Jordan, didn't make his high school basketball team the first time around. This reminds me that failing is just a part of being human, even our world's most talented people experience it.**



(Keep It In Perspective)

**Included in the Top 5 list of regrets of those in hospice care are the following statements: "I wish I hadn't worked so hard," and "I wish I had let myself be happier." I'll keep this in mind if I find myself placing a lot of importance on a test.**



(Keep It In Perspective)

**According to Anders Ericcson's 10,000 hour rule, you need about 10,000 hours of deliberate practice to master a new skill. If I'm not picking up something right away, I can remind myself that all I need is a little more time.**



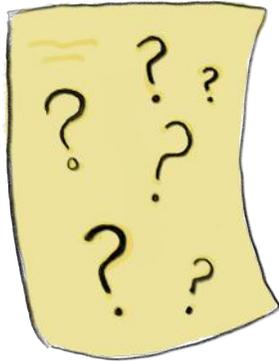
(Keep It In Perspective)

**I'm going to think of a big challenge I've overcome in the past, and how time has changed how I feel about that past challenge. Then I'll think about how I will feel about this current challenge in ten years.**



(I'm Prepared!)

Once I've gone over all the material, I'll write down all the questions I have. Then, I'll arrange a time to meet with my teacher or a study group, to answer everything well before the date of the test.



(I'm Prepared!)

I'll compare notes with a friend who usually does well in this subject. This way, I can be sure I don't miss anything. I can even make practice tests with my friends based on our notes.



(I'm Prepared!)

I'm going to let my brain rest before the test. Sleeping will help me do better on the test; staying up and cramming won't. I won't sacrifice my valuable sleep to keep studying. I'll call it a night at a reasonable hour.



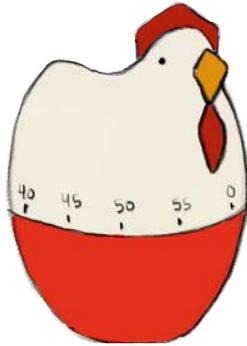
(I'm Prepared!)

I'll write down my concerns about the test for 10 minutes. Then, I'll put the pen down, and let go of that worry. Since worrying clutters my working memory, freeing my mind from it will help me study better, and even improve my test score.



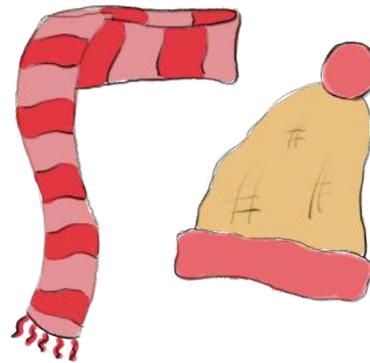
(I'm Prepared!)

**For the next 10 minutes, I'm going to write about my worries about this test. Then, I'll put the pen down, and let go of those worries. Worrying clutters my working memory, so writing will help me free it up and study better.**



(I'm Prepared!)

**Sometimes exam and test rooms can be cold, and this can distract my attention from the task at hand. On the day of the test I'll wear layers so that I'm prepared to peel them off as needed.**



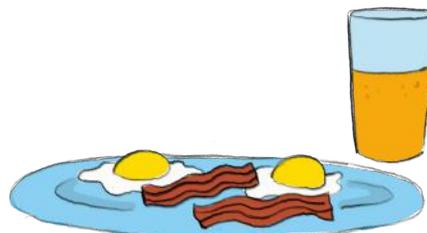
(I'm Prepared!)

**The night before my test, I'll pack my bag with the supplies I'll need. I'll also throw in a pack of mints and a water bottle, so that if I start to get tired during the test, a mint and a sip of water can energize me.**



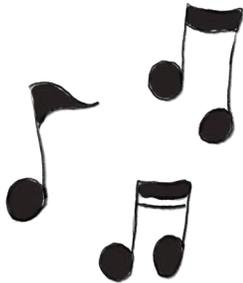
(I'm Prepared!)

**Coffee can increase symptoms of anxiety, and make me jittery. I'll avoid drinking coffee on the day of the test and eat a big, healthy breakfast instead. My brain needs that fuel for the test!**



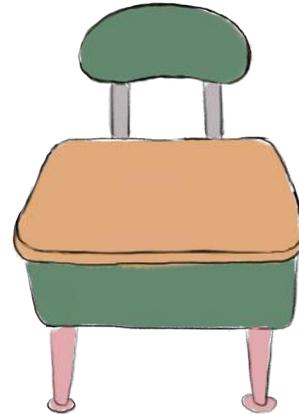
(I'm Prepared!)

**I'll create a calming playlist to listen to before the test. While everyone is discussing the material before it starts, I can put my headphones on and tune out all that noise. I can relax and be confident in the fact that I have studied hard, and already know everything I need to.**



(I'm Prepared!)

**I'll do my best to get to the test early so that I can pick a seat in the front. This might help me focus because no one will be directly in front of me.**



(I'm Awesome!)

**I have many great strengths, and I can use them to help me do well on the test. I will think of five of my strengths and write them down. During the test, if I worry, I'll turn to my strengths to help me.**



(I'm Awesome!)

**Doing well on this test won't change my worth. There are many other things that are important to me, that have nothing to do with doing well on this specific test.**



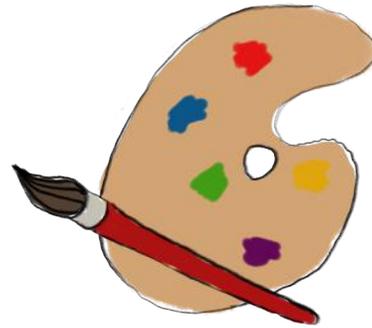
(I'm Awesome!)

**I am enough, with or without a perfect test score. I'm passionate about many things in my life and will focus on some of those to stay inspired.**



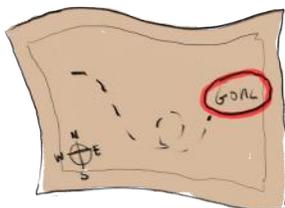
(I'm Awesome!)

**It helps to think of three words my friends would choose to describe me. It reminds me that doing well on this test doesn't have anything to do with who I am as a person.**



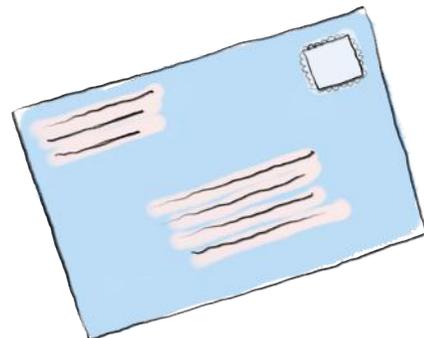
(I'm Awesome!)

**I will think about what I want my life to look like in a week, a month, and a year. Then, I'll think about all the obstacles that might get in my way. Finally, I'll come up with a plan to overcome these hardships. If my goal is to improve my grades, my obstacle might be failing a test. A plan to overcome this is, "If I fail a test, I will stay after class to ask the teacher questions about things I don't understand."**



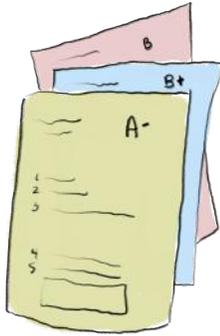
(I'm Awesome!)

**I will write a letter to my best friend, explaining that if they fail the test, they're still awesome. But here's the catch: this best friend I'm writing to is myself.**



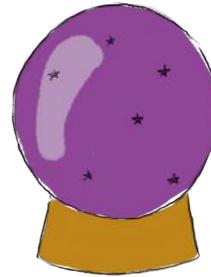
(I'm Awesome!)

**I know that all that matters is my progress over time. This test is about me versus myself. I will remind myself of this by comparing myself to myself, and nobody else... This is easy to do by looking back at grades from past years in this subject, and seeing how far I've come.**



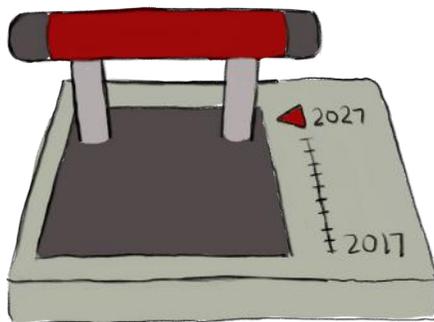
(I'm Awesome!)

**If I get a grade I don't like, this doesn't define me. Sometimes, I don't do that well for reasons I can't control. Sometimes, there are reasons I can control. Either way, nothing is permanent. I have the power to do better in the future.**



(I'm Awesome!)

**It helps to think about my vision of my future best self. To do this I can draw an image of myself in the future living out the best, most authentic version of me, and contemplate what this picture looks like.**



(I'm Awesome!)

**I will close my eyes, and take a few minutes to think about someone who has helped or supported me when I needed it. I notice where I feel the gratitude in my body. I expand my gratitude out to my larger support networks and communities. I offer myself this same love and compassion when I notice the volume turning up on my voice of self-criticism.**

