

STRESSED ABOUT TESTS?

BELIEVE IN YOURSELF!

DON'T SAY



DO SAY



- I'm stupid.
- This makes no sense.
- I cannot do this.
- I want to give up.
- This is too hard.
- I'm not cut out for this.
- I'm going to fail.
- This is not my best subject.
- My classmate already finished. What about me?
- This question is too hard.
- I skipped the last two questions!
- I have to do well.

- I am learning.
- I will reread the directions.
- I can do this.
- I am persistent.
- This is going to take some time.
- I can figure this out.
- I'll remember what I studied.
- I will show progress.
- My patience and care will pay off.
- I will come back to it.
- I will finish one question at a time.
- I am working toward success.

