

10 THINGS TO DO THE NIGHT BEFORE AN EXAM

What's your exam?

What room is your exam in?

When does it start?

.....

- I've eaten tea.
- My reward for exam is _____.
- I'm going to stop revising at ____ p.m..
- When I stop revising, I'm going to _____.
- I'm going to sleep at ____p.m.

- I've imagined myself in the exam room answering the questions
- I've reminded myself of a practice paper that I did, which went well.
- I've redrawn my mindmap/notes for the exam.
- I've packed my bag with pens, water, revision notes, _____, _____.
- I've set an alarm for _____ a.m. tomorrow.

WELL DONE! SWITCH OFF. RELAX.

**Like an athlete, you are ready to make the most of what
you've learnt tomorrow.**

Good luck!

