

Resist perfectionism

Getting ready for exams can be overwhelming, and you will always be your worst critic during your preparation. It is important to remember that not everything needs to be perfect during this period, and trying to achieve perfection can impact how you feel. Spend a few moments each day to reflect on how things are going:

What are my roadblocks?

- *“I’m scared of stopping after only one hour of revising. I need to work harder”.*

Practice self-talk?

- *“Short-term, a break might make me feel anxious, but in the long-term, I will feel better”.*

What I can do next?

- *“I’ll stop after one hour. Talk to my best friend. Then go again”.*



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Practice self-talk?

What I can do next?
