



How to Find Motivation for SBI PO & Rock the Exam!

"It won't be easy, but it will be worth it!"

The SBI PO Prelims exam 2018 is going to take place on 1st July, 7th July, & 8th July 2018. The fact that the exam will be taken in so many slots tell us that a huge number of candidate are appearing for the exam. Due to the humongous amount of candidates, it is very obvious that anxiety levels will be going through the roof. To help you calm down and predict the level of SBI PO Prelims exam, we have provided you with various Tips and Tricks to solve the exam. Now all you need is to gather enough confidence and motivation for SBI PO Prelims before you can feel fully prepared to rock the exam. Go through this article to boost your spirits for the SBI PO Preliminary Examination.

Inspiration? "You can and you will!"

"Start where you are,
Use what you have,
Do what you can." – Arthur Ashe

Sometimes, after we set our goals, we realize that the process of achieving them is not as easy as we had thought. It's completely okay to experience exam anxiety and be scared about your preparation level. But the truth remains that **success is achieved by facing our fears, not by running from them**. Read the article further and get motivation for SBI PO Prelims Exam 2018.

Practical Tips & Motivation for SBI PO











This video is an evidence that no matter how difficult the circumstances are, you should always give your 100%. Whether you are preparing for the first time or you have had your share of failures, you need to keep your spirits up. **Irrespective of what the world thinks of you and how up or below you are placed in the result list, only you are your ultimate source of support, inspiration and motivation**.

Your only focus now is to figure out how to cover the syllabus and assimilate tricky concepts to pass the SBI PO. Here is that to do to stay confident and get motivation for SBI PO exam.

1.) Enhance your Retention – Work on your Memory

Having a better memory will always motivate you to learn more. Following are some ways to ascertain that you retain what you study and constantly gain motivation for **Motivation for SBI PO Prelims**:

- 1. **Visualisation**: Visually imagining factual events, problems and solutions will sharpen your memory.
- 2. **Muscle Memory**: Visualisation is the key to better conceptual clarity, but it can be hard to remember lengthy logics and solve all problems visually. Therefore, resort to writing down equations, rules, etc. while practicing. Practicing quants and LR topics by writing them can help you remember those topics at the time of the exam.
- 3. **Don't fuss:** Don't clutter your brain with negativity. Set your daily goals, take mock tests and analyse your progress constantly. Your mental health is as important as your physical health.
- 4. **Bring in the tools:** Certain topics require you to make brain-maps by drawing flow-charts, etc. for clear thinking. So prepare crisp and clear notes and refer them from time to time to remember the structure of various topics.









2.) Tricks to Improve Concentration

Better concentration means clear thinking. The clearer you think, the quicker you start solving questions. Here's what to do to improve your concentration:

- **Study in a noise-free place**: A peaceful place would enable you to immerse in your books and notes naturally.
- **Find the most productive time of the day**: Study at a time that makes you feel the most productive. Some people are able to concentrate more in the morning while others find the quiet of the night more focus-friendly.
- **Don't worry:** Worrying makes us anxious and irritable. Instead of constantly worrying about the exam, focus on your questions and syllabus. Focusing is positive and enhances your daily target-achievement.
- **Take short breaks:** Take breaks to rejuvenate when you feel tired. Study in intervals. Know when to conserve your energy and when to execute it.
- **Eat healthy**: Make sure you eat healthy, stay hydrated and feel fresh. These things tend to enhance your **attention span and focus**.
- Distribute your time wisely: Divide chapters in manageable small chunks
 maintain concentration and flow. The sense of achievement when you
 accomplish small chapters will motivate you to aim higher and achieve more.

3.) Learn to Love your Goals Unconditionally

Remember that when you love the goals you set for yourself, you feel driven. It is only when you are driven that you naturally feel responsible to enhance your performance. You should:

- Have faith in achieving your dreams. Turn your dreams into plans.
- Develop natural inclination towards learning.











- Maintain a receptive outlook towards new information and knowledge.
- Take out time to rejuvenate.

In a nutshell...

- Improve conceptual clarity to improve your confidence.
- Learn with the help of structural planning and writing things down.
- Don't resort to selective studies
- Exercise for at least 15 minutes every day and meditate too. Whether we let negativity creep into our minds or not, is in our control.

We hope this article provides you enough motivation for SBI PO Prelims. If you need some Expert Advice and tips, click on the link given below.

⇒ 10 Last Minute Tips for SBI PO Prelims 2018 You Must Read before your Exam!

Before entering the exam hall say this to yourself:

I can and I will, Watch me!

Practice will help you reach your goals faster than you can imagine. Achieve you goals by practicing on Testbook.

Practice on Testbook

Share your doubts and queries with our experts on Testbook Discuss.









Go to Testbook Discuss

A testbook.com





