

Mindful Messages

Practicing Student Self-Talk to Ease Test Anxiety



Mistakes do
not define me.

This test does not define me.

I am not this test.

I will give it my best.

Perfection is not the goal.

I am worthy.

I can do hard things.

I can persist.

I will prevail.

I will come out on the other side of this.

I am not my score.

This is between me and this test.

I can focus.

I'll show what I know, and try on what I don't.

It's okay to not know.

Mistakes do not define me.

It's not meant to be easy.

Struggle is normal.

Take a deep breath.

Pause and think.

Don't give up.

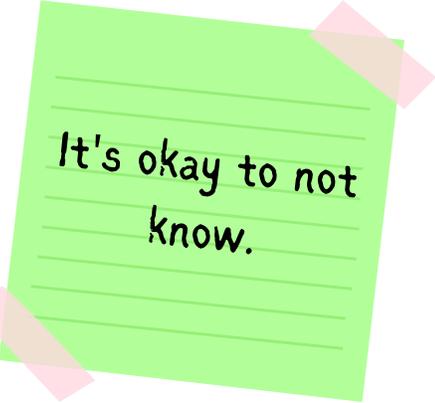
I've got this.



I am not my
score.



I will come
out on the
other side of
this.



It's okay to not
know.



I've got this.