

Affirmation

Directions

Affirmations can help you gain control of your self-talk, increase your confidence, and focus on the task at hand. In the space below, list the qualities that make you a uniquely good test-taker. To make your affirmation as effective as possible, start your statements with the words “I am” and use positive adjectives to describe yourself.

List the qualities that make you a uniquely good test taker.

- 1.
- 2.
- 3.

Choose 3 of your favorite words from the list above.

- 1.
- 2.
- 3.

Affirmation: _____

It's also important to know when to use your affirmation. List 3 instances in which your affirmation statement can be useful.

- 1.
- 2.
- 3.

