

NIGHT BEFORE

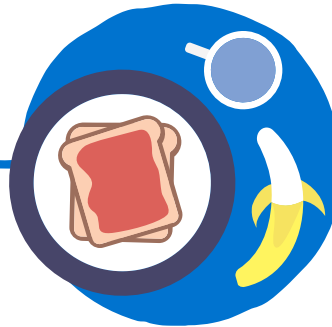
EXAM SLAYING CHECKLIST

On THE DAY



CHECK

your exam location
and start time



EAT

a decent
brekky



DO

a light revision
of your notes
(don't go overboard)



PACK

your bag



LAY

out your clothes



ARRIVE

a little early



SET

your alarm



AVOID

any people that
stress you out



VISUALISE

yourself being
calm and confident
in the exam room



TAKE 2

minutes and
practice deep and
slow breathing



GO

to bed early
enough to get a
good amount of
sleep



GET

comfortable in
your assigned seat
and then get to
work



**REACH
OUT.COM**

/EXAMS