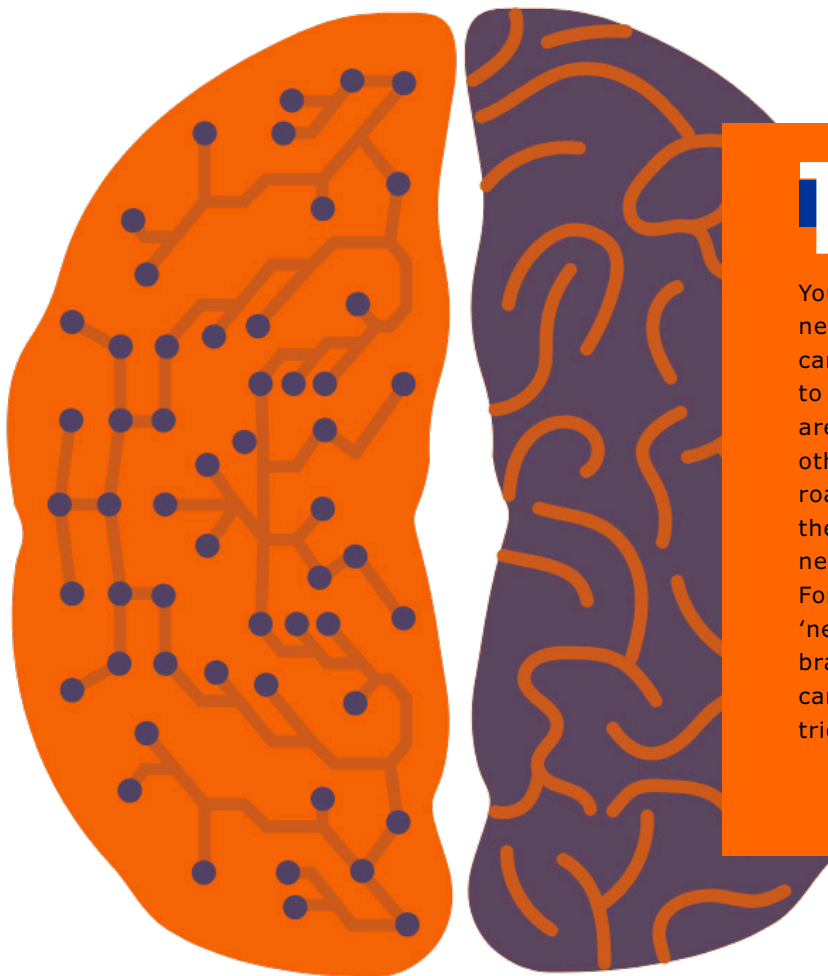


POSITIVE AFFIRMATIONS

During your studies

When you're experiencing stress and fear of failure, you are also more likely to start thinking negatively. These negative thoughts can impact your concentration and self-confidence. Are you thinking negatively about yourself and the situation? Then chances are high that you will feel less good about yourself and that the situation will be worse. Repeating positive affirmations can be a powerful tool to break this negative thought spiral. Positive affirmations are positive thoughts (generally starting with "I") that you repeat out loud or in your head. By regularly saying positive affirmations to yourself, you can change your mindset, increase your self-confidence and study more effectively.



TRAIN YOUR

BRAIN

Your brain is made of billions of neurons or brain cells. Each neuron can have thousands of connections to other neurons. Some connections are very strong (like a motorway), others are weaker (like a small field road). When you think negatively, the connections that trigger your negative thoughts are stronger. Fortunately, there is such a thing as 'neuroplasticity': the ability of our brain to adapt and change. So you can make new connections that trigger helpful thoughts!

I know it's OK that I don't know everything yet. I'm here to learn.

I cope with stress in a healthy way.

I am human and make mistakes. This is normal and will help me grow.

I focus on the process, not the result. I take it step by step.

My grades do not define my self-worth.

I am grateful that I am able to study.

I embrace my life as a student.

I am successful in studying.

I process and remember new information easily.

I love learning new things.

Every day I get better at learning and studying.

I study with a positive mindset.

I can do this.

I am in control of my learning process.

I like studying.

I focus on one task at the time.

I start with the important things first and don't get distracted by details.

My ability to concentrate is improving every day.

I am a good student.

I can organise my thoughts with ease during an oral exam.

It's normal to experience stress during a presentation or oral exam.

I tell what I know with confidence.

I am good at taking exams.

During my exam I work efficiently and concentrated.

Even during a stressful exam I can take the exam calmly.

I will pass this exam.



The examples above, will already help you on your way. Below, you can also add some positive affirmations of your own. During the day, try to remember these affirmations regularly and repeat them to yourself. Hang a post-it near your study area, say them out loud to yourself into the mirror or make a voice memo and listen to it regularly. Also dare to feel what these affirmations do to you: enjoy the positive effect of this exercise.

Do you notice that negative thoughts keep coming back? Take a look at our other infographics about [overthinking](#).

What do you need? What would you like to hear? What would you like to know and believe?

