



Your Workbook

Name: _____



The 'Be Your Best' is a programme designed to help you perform at your best when preparing for SATs or an upcoming assessment/test. It will give you some Top Tips and strategies to use to help you feel prepared and ready for your assessment.

The course includes bitesize videos to watch in the run-up, the day before and after the assessments to help you be your best. There is also a workbook for you to complete after each video too!



5 Tips for the run up to an assessment

Session 1 - Creating a positive mindset:

Think of 3 positive affirmations to help you overcome negative thoughts.

Session 2 - Getting mentally fit:

Think of 3 things you are going to focus on to help you become mentally fit. e.g. sleep, diet, exercise

Session 3 - Remembering who YOU are:

Think of 3 Character Strengths you have and how you are going to use them to prepare for your assessment.

Session 4 - The Importance of Active Listening:

Think of 3 pieces of advice you are going to listen to in order to help you be your best.

Session 5 - Goal Setting:

Think of 2 goals you really want to focus on in the run-up to your assessments.

Be your Best checklist

Session 6 - Top Tips for the night before, the day of, or during the assessment.



- ☐ Get enough sleep
- ☐ Eat well
- ☐ Drink plenty of water
- ☐ Turn screens off 2 hours before bed
- ☐ Get organised
- ☐ Practice Happy Breathing
- ☐ Say Affirmations
- ☐ Talk about how you feel or journal

...a space to celebrate

use to support you?



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**Believe you can and you
are halfway there!**

-Theodore Roosevelt

