













NIGHT BEFORE

EXAM SLAYING CHECKLIST

On THE DAY

- | | | | | | |
|--------------------------|--|---|--|---|--------------------------|
| <input type="checkbox"/> | CHECK
your exam location
and start time |  |  | EAT
a decent
brekky | <input type="checkbox"/> |
| <input type="checkbox"/> | DO
a light revision
of your notes
(don't go overboard) |  |  | PACK
your bag | <input type="checkbox"/> |
| <input type="checkbox"/> | LAY
out your clothes |  |  | ARRIVE
a little early | <input type="checkbox"/> |
| <input type="checkbox"/> | SET
your alarm |  |  | AVOID
any people that
stress you out | <input type="checkbox"/> |
| <input type="checkbox"/> | VISUALISE
yourself being
calm and confident
in the exam room |  |  | TAKE 2
minutes and
practice deep and
slow breathing | <input type="checkbox"/> |
| <input type="checkbox"/> | GO
to bed early
enough to get a
good amount of
sleep |  |  | GET
comfortable in
your assigned seat
and then get to
work | <input type="checkbox"/> |