

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**