

HT – TEST ANXIETY AFFIRMATIONS

The Subconscious Mind loves repetition. Repeat these Affirmations at least 5 times to program yourself. All Affirmations are stated daily in the present tense, for at least 21 days, positively and with passion. These Affirmations fortify the hypnotic experience. While you are saying these Affirmations, bring to mind an image of yourself, passing all your courses. This is your personal good “trigger” which, when brought to mind again during any part of your day, stimulates your Subconscious mind to automatically send your Conscious Mind the messages contained in these Affirmations.

1. Every day in every way I am better and better.
2. I have a powerful mind.
3. I achieve my goals.
4. I am successful.
5. I am in the habit of studying to succeed.
6. I easily grasp and understand the things I learn.
7. I love the challenge of exams!
8. I am a great student
9. I am prepared for my tests.
10. I love taking tests.
11. Tests are a breeze for me.
12. I easily recall information, when it is needed.
13. I feel relaxed and confident during tests.
14. I love learning and I am good at it!
15. The more I learn, the more I achieve.
16. I am a good learner.
17. Learning comes easy for me!
18. I am smart!