

POSITIVE SELF-TALK FOR YOUR DRIVING TEST

Positive words can help us to cope through nerve-wracking situations like a driving test. We can say these encouraging words to help us cope. Try using the statements below on the week before your test. Whenever you're having doubts or negative thoughts, read through the statements focussing on the one that are particularly meaningful to you.

- ❖ I am fully prepared for the driving test
- ❖ I am strong
- ❖ I am a good driver
- ❖ I am determined and motivated to pass
- ❖ I have inner strength and resources
- ❖ I am confident and competent
- ❖ I am in control
- ❖ I will make wise decisions based on what I see
- ❖ I am calm and confident
- ❖ I have practiced well and have good driving skills
- ❖ I can be nervous and still be focused
- ❖ I can listen and concentrate for 40 minutes
- ❖ I am a responsible driver and worthy of being on my own
- ❖ Keep calm and drive on

