Lesson 4: What To Do When You’re Nervous - Power Thoughts

Put a check next to the thoughts that can help you feel more confident.

Put a big “X” through the thoughts that will make you feel more nervous.

- Oh, no! What if I fail this test?!
- Yes, I can!
- I’ll just give it my best.
- I’m ready for this test.
- What if I make a mistake?
- I can’t read in front the whole class!
- I’m going to give this a try.
- I’m not going to let nervous feelings stop me.
- I know this song by heart. I’m ready to sing it.
- My teacher thinks I can do this.
- What if they laugh at me?
- What if my team loses because of me?!
- I’m steady and ready.
- What if I forget the words to my song?
- If I don’t make it this time, I’ll make it next time.
- I’m no good at giving book reports.
- It’s OK if I make a mistake.
- I’m going to mess this up.
- I know I can do this.