

Think about it!

Helpful thoughts

If you are really worried about getting a bad grade or failing, you may have thoughts that encourage procrastination and make it difficult for you to get started. Demotivating thoughts like this are not unusual, but shouldn't be allowed to negatively influence your outlook. You can counter them using helpful motivational thoughts.

Objective of the exercise:

Learning how to generate more encouraging thoughts. Encouraging thoughts help you overcome mental barriers and motivational difficulties. Straight away you will find that you will be able to achieve small successes that will reduce your anxiety even more.

Here are some examples:

Anxiety-inducing thoughts	Encouraging thoughts
I have to be perfect, otherwise I'll make a fool of myself.	I will do the best I can.
If I get a bad grade, my parents will be disappointed.	I am studying for myself and my future and not to please anyone else.
How am I ever going to cope with it all?	I've already done so much, I can do this too.
I've no idea what to do or where to start.	I won't know if the task is too difficult until I've tried it. If I take it step by step I will get it finished.
I should have started earlier, now it's not worth it anymore.	I can start at any time. Even 15 minutes of work is a start. Instead of getting annoyed that I haven't started yet, I'll start right now.
I'm not in the mood at present I'll start tomorrow.	I'm not in the right sort of mood but I'll start now, then I'll feel better off because I got started.