

12 Study Affirmations to Imprint into Your Memory

Your behaviour and ultimately your results are driven by the attitudes, beliefs and habits you have stored in your memory. It is your past experience that maintains your future success. However, through affirmations and visualisation you can imprint an idea of being a little better than where you are now and use this new belief to improve your performance.

You can also imprint ideas that help you cope with any study-related challenges such as a lack of ability, poor concentration, low motivation, procrastination and exam nerves.

Following is a list of 12 affirmations that you can use to visualise yourself as if the challenge is fixed. Imagine yourself as if you do believe in your ability, you can concentrate, remain motivated and stay calm.

Think about a common study-related challenge you currently face. Chose a statement below and use the words to visualise yourself as if you are like this. **Build a picture and feeling in your mind** of you in a study context and mentally rehearse this imagery repeatedly at least twice a day but preferably more.

After several weeks, you should notice yourself starting to do and feel the way you are imprinting!

I am clear, calm and confident in exams.

I love the way I study with ease.

If it is be, it's up to me.

I have a great memory.

All the information is coming to me now.

I can do it. I will do it. I am doing it!

Just get started – the rewards will follow.

I am focused – I am ready. Begin!

I always find ways to make study fun.

I am prepared – this will be great!

I'm on a roll – keep going!

I'm smart - I can do this!