Ever get the feeling that everyone else in your class was secretly born knowing how to do the 11+, and you missed the lesson?

REFLECTION PROMPT / RESPONSE

Pick the person you compare yourself with most. Write down what you imagine makes them 'better' at this. Then go back with your detective hat on: how much of that list is fact, and how much is just a story?

MICRO ACTIVITY

“Something I'm properly brilliant at that never shows up on any test is:” ☆

SOMETHING LOVELY ABOUT TODAY I'M GRATEFUL FOR IS:

AFFIRMATION

Nobody else can be me. That job is taken, by me, and I do it beautifully.

A free page from My 11+ Exam Wellbeing and Confidence Journal, Girls' Edition. Baba Jays Books, www.babajaysbooks.com