

STATE EXAM SUCCESS PLAN: NIGHT BEFORE TO TEST DAY

- ✓ Compliant with Testing Center Rules — No Bags, Food, or Extra Items

NIGHT BEFORE: MENTAL & PHYSICAL PREP

1. Stop Studying by 8:00 PM

You've done the work. Studying too late = lower retention.

Skim a few confident flashcards or notes only — do not cram.

2. Print What You Need

- ✓ Printed confirmation email or exam authorization

- ✓ Valid government-issued ID (check spelling and expiration!)

- ✓ Know your testing location and parking instructions

⚠ Do NOT bring: backpacks, purses, phones, food, or drinks; jackets with hoods, watches, or personal items

3. Turn Off Notifications

Put your phone on “Do Not Disturb” early — no late-night distractions or stress from social media.

4. Set Two Alarms

Set one on your phone and a backup on a clock.

Plan to wake up 3–4 hours before your scheduled exam.

5. Breathe + Visualize

Sit quietly for 2–3 minutes.

Close your eyes and picture walking in calm, finishing strong, and passing.

Say: “I am ready. I know this. Tomorrow is my pass day.”

6. Sleep 7–8 Hours

No screens, no caffeine, no last-minute review.

Your rested brain will outscore your tired brain every time.

TEST DAY MORNING CHECKLIST

-  Wake up early — no rushing
-  Shower, eat a balanced breakfast (protein + carbs) before you leave home
-  Breathe again. Set your intention for success.
-  Wear comfortable, test-appropriate clothing (no hoodies, no bulky layers)
-  Bring only your ID and testing paperwork
-  Arrive 30–45 minutes early. Use the restroom before check-in
-  Leave your phone in the car or off — it cannot come in

AFFIRM ON THE WAY:

“I’ve trained. I’m ready. I trust myself. Today I pass.”

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