

EXAM MINDSET



Your exams are important to your future self. Stress causes us to procrastinate, but with this 10-10-10 mindset *, you will set yourself up for a great day.

I had the opportunity of meeting Warren Rustand a few years ago, and I wished I had known his tools when I was a student!

“**10-10-10**” is his daily practice to prime yourself for a great day and is something I have been doing for some time now.

When you wake up, the first thing to do is to sit at the edge of your bed and ask yourself, “**What is my purpose today?**” I find this powerful as it helps set your intention for the day. For example, at exam time, recall some things to memory you were studying from the day prior.

Use the first ten minutes of your day to fill yourself with gratitude. Science tells us that when you start the day by writing down **three things you’re grateful** for, you’ll have a better day. Incidentally, the last three things you do in your day are also hugely potent in processing your subconscious. Think of the people you are thankful for, those who have contributed to your learning; think of life experiences that are shaping you.

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Next, spend ten minutes **reading positive, inspiring messages** and articles that can help to shape your positive mindset. Think about your mentors and use this time to catch up on any helpful information.

Then spend the final ten minutes journaling. Keep it positive - remembering that our brains are plastic and can be re-wired in around three months. Write about positive things that happen to you. Add in the most important things that you need to get done that day, and let the rest of your day bring you productivity and a sense of enjoyment.



Written by Reika Roberts

Reika Roberts is the Chair of ABIC. She has over 30 years business experience and is considered a thought leader in the industry. With a strong background in business management, client development and start-ups, she holds a double degree in accounting and finance and post graduate qualifications in skin. Reika has gained deep fulfilment in mentoring talent and seeing future leaders of our industry emerge. As Managing Director and co-founder of derma aesthetics, distributor of dermaiduals skincare and Exceed medical micro-needling, she is primarily responsible for the commercial operations and is proud of the multiple awards won globally for marketing and customer service.

* Developed by Warren Rustand; a serial entrepreneur, educator, and public servant. He served as Appointments Secretary to President Gerald Ford and has been Chairman or CEO of 17 companies. He was the previous Chairman of the World Presidents Organization and the Dean of Leadership for the Entrepreneurs' Organization. He also has served on more than 20 boards throughout his career. A wise man indeed!

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