

STUDY + SUCCESS AFFIRMATIONS

TO IMPROVE FOCUS + CONCENTRATION

I am calm and confident.
I am focused and concentrated.
I am achieving all I set out to achieve.
I am achieving extraordinary results.
I am focusing and concentrating and I am succeeding.
I am finding it easy to study.
I am finding it easy to focus.
I am finding it easy to concentrate.
I am finding it easy to operate at my full mental capacity.
I am absorbing and processing information efficiently and effectively.
I am remembering all the information that I need to.
I am storing all the information that is useful to me in my mind.
I am analysing information so that it has meaning to me.
I am understanding information fully and completely.
I am absorbing information like a sponge.
I am naturally motivated to study.
I am confident in my ability to focus.
I am confident in my ability to concentrate.
I am confident in my ability to retain information and use it effectively.
I am confident in my intelligence.
Day by day, I am learning everything I need to know.
I am mastering new skills all the time. I am realising how capable I am.
I am learning new and amazing things every day.
I am a competent, quick learner.
I am doing my study work on time.
I am able to recall information with ease and clarity.
I am enthusiastic about learning and studying.
I am balanced in my approach to study. I rest when I need to.
I am allowing the joy of study to flow to me.
I am naturally motivated to study and to learn.
As I study, I am believing in myself.
As I study, I am supporting myself.
As I study, I am challenging myself.
As I study, I am pushing myself to be all that I can be.
As I study, I am being kind to myself.
As I study, I am praising myself.
As I study, I am encouraging myself.
I am aware of how lucky I am to be able to study and I am grateful.
I stay calm and focused while completing my assessments.
I look forward to a great result of my assessments.
I will do well in my assessments.
During the assessments, I recall information quickly and easily.
I am relaxed during assessments.
I pass assessments easily.
I am well prepared for every assessment.