

# Transform your Jitteries!

Sometimes when I have to take a test or give a speech, I get the jitteries.  
This is what happens to me...



Pano taught me that I can transform my jitteries into excitement. I didn't believe it, but it turns out, our bodies do all these things to prepare us to *rise the challenge* of a test or speech or event. We can transform our jitteries by saying things like this:

I feel dizzy, my body is preparing me to rise to this challenge. I am excited!

My heart is pounding, I see my body is getting ready for this challenge. I am excited!

My knees are shaking, my body is getting me ready to rise to the challenge. I am excited!

I'm sweating, my body is preparing me now for this challenge. I am excited!

I have butterflies in my stomach, my body is getting me ready for this challenge. I am excited!



**Change your Frame!** What happens to your body when you get really nervous before a test or performance? In the grey frame, write down what happens to your body and how it feels. In the colorful frame, transform your perspective by writing down how that part of your body is preparing you for the challenge!











