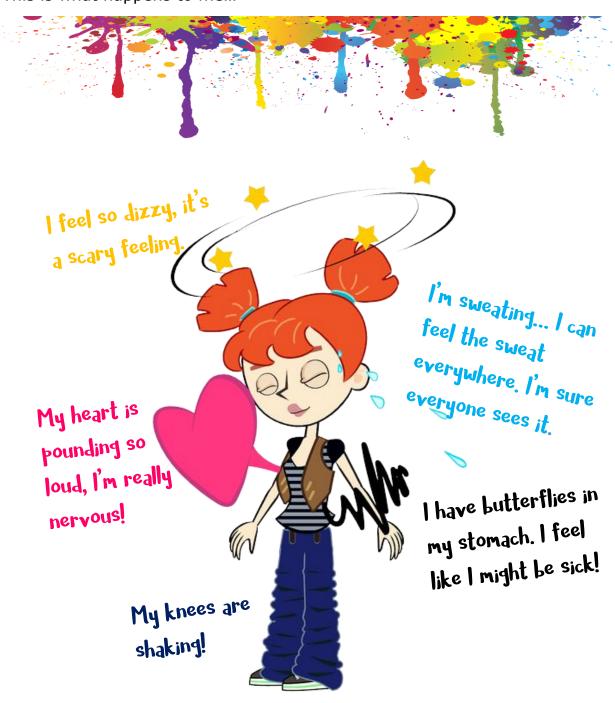
Transform your litteries!

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:



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!



















