Then they look at each possible problem and plan how to avoid it. So for the exam situation, they go to bed early and have a good night's sleep; they find out in advance exactly where the exam is; they eat a good breakfast, and take lots of pens and pencils, and a bottle of water; and they leave home early. That puts them in control, and it means that the exam will be better than for an optimist, who just thinks 'Oh, everything will be fine!' Because sometimes everything goes wrong, and it's good to be prepared.

LIVEWORKSHEETS