When the pen goes down.

Everyone tells you how to prepare for an exam. Almost no one tells you what to do the minute you walk out. That bit matters more than you'd think. The exam is over. The spiral doesn't have to start.

WHEN: EXAMS WRAP UP AND THE MARKS COME THROUGH

TRUE STORY

The boy who couldn't play for the Tigers.

Mike Ilitch was good. He signed with the Detroit Tigers and batted over .300 across 4 seasons in the minor leagues, one knock from the big league he'd chased since he was a kid. Then his knee gave out. No major league. No Tigers jersey. He'd done nothing wrong.

So he sold pizza door to door. In 1959 he and his wife Marian opened one small shop: Little Caesars. One shop became thousands. In 1992, the boy whose knee wouldn't let him play for the Detroit Tigers bought the Detroit Tigers. The whole team. For $85 million.

He thought the knee was the end of his story. It was the start of a bigger one.

Your mark today is one page in a long book.

5 MOVES FOR THE HOUR AFTER

1. ### Skip the corridor autopsy.
   Comparing answers in the corridor can't change your mark, it just manufactures regret you can't act on. Your mate's score tells you nothing useful either. Measure yourself against where you started, not the kid next to you.

2. ### Turn the paper into data.
   Don't take the mark personally. A result is information, not a verdict, so write down the one thing you'd do differently next time. Now the paper has taught you something instead of just judging you.

3. ### The mark measures the paper, not you.
   One paper, one day, one topic. It's a number about your work on a Tuesday, not a ruling on who you are. Chasing a flawless score just feeds the fear, so aim to get better, not perfect.

4. ### Rest is part of the work.
   That flat, foggy feeling after a big push is normal, and more pressure makes it worse. Your brain files what you learned while you rest, not while you grind. So eat a real meal and find one thing that pulls you into flow, like sport or music.

5. ### The finish line is what you do next.
   The result is one moment you can't redo, and your next move is the one you control. Progress comes in detours and second attempts, never a straight line. So line up the next rep: the next test, the next draft.

DO THIS NOW **Pick one move and do it before you get home.**