

8 Interview Day Rituals That Will Give You an Amazing Interview

Summary: Prepare yourself for a successful interview by following these 8 rituals.

The day of an interview can have you waking up with butterflies in your stomach and your mind spinning. Let's be honest, you're probably getting nervous a day or two before as well. Set yourself up for success by creating some day-of interview rituals that will calm you down and make you as prepared as possible.

1. **Have a well-balanced breakfast.** You might be all nerves, but eating breakfast will help power up your brain and keep you mentally focused.
2. **Check the forecast.** You don't want to show up at an interview soaking wet because you didn't bring an umbrella. Double check the weather to make sure you don't get soaked or ruin your shoes in the snow.
3. **Pack some hygienic essentials.** Especially if your interview is later in the day and you have to head to work beforehand, make sure you bring things with you that day like floss or extra deodorant so you're feeling (and smelling...) fresh for the interview.
4. **Hydrate.** Make sure you're sipping water throughout the day. Not only is this good for your brain and focus, but the last thing you want is a dehydrated, dry mouth during an interview.
5. **Listen to pump-up music.** If you need to increase your energy, listen to a few songs that you love and that put you in a good mood.
6. **Call a good friend.** Chatting for a few minutes with someone who always makes you feel better or makes you laugh will lighten your mood and keep your nerves from getting to you.
7. **Breathe deeply.** Before you go into your interview, take some long, deep breaths to calm yourself down and re-center yourself.
8. **Turn off your phone.** Sure, you think it's on silent, and then you accidentally push the Siri button. It happens to the best of us. Turn off your phone completely to avoid interrupting the interview.