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DAYS. OFTEN WE PUT
PRESSURE ON
OURSELVES TO
PERFORM AT OUR
BEST ALL THE TIME.
BUT, THIS IS NOT
ONLY UNREALISTIC,
IT CAN ALSO LEAD
TO BURNOUT,
ANXIETY AND LACK
OF MOTIVATION.
REMEMBER TO BE
KIND TO YOURSELF
AND FOCUS ON
WHAT YOU CAN
CONTROL.**



Sports Improvement

Yan Bai



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