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After this article, a friend of mine asked about what I thought the Top Ten List of traits for mental toughness would be ... moving onto bigger

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and greater goals:

Daily Persistence /

Focus ...

Orientation And

Top Ten List: Mental

Toughness

China defender Wang

Shenchao said that

the Chinese side

displayed real mental

toughness in their 2-0

win over the

Philippines in the

FIFA World Cup

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Qualifier on Monday.

China beat the

Philippines with ...

Mental toughness

vital in win over

Philippines in WC

qualifier, says

Chinese defender

Wang

It's mental

toughness—the

discipline and tenacity

to stick with an effort

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until a goal is
achieved or a level of
performance is
reached. However,
what about those
times when it's not
just about ...

*Moral Toughness:
How Leaders Develop
the Strength and
Endurance to Do the
Right Thing*
From off-season

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Toughness
growth and speed
workouts to in-season
maintenance plans,
there are different
programs to choose
from and it all
depends on your
goals ... sharpen your
mental toughness by
pushing ...

*Top Ten List to Stay
Motivated and Build
Mental Toughness*

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After belting a three-run home run in the top of the sixth inning in a Class AAAA softball playoffs elimination game win against Travelers Rest, Greer's Tate Davis took her time running around the ...

*'The mental toughness is there':
How Greer softball*

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Toughness
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muscle its way to the
district final

The Los Angeles
Clippers, who fell as
the favorite in three
straight embarrassing
losses to the Denver
Nuggets in the bubble
last postseason,
played the role of the
underdog in Sunday's
126-111 Game 7 ...

Clippers' toughness,
Page 11/24

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*togetherness around
Kawhi Leonard in
Game 7 makes them
even more dangerous
moving forward*

There's a term on
social media more
and more young
people are using to
explain the feeling
that no matter what
they do, it's never
enough.

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*How internalized
capitalism is
destroying your
mental health*

Making the NBA was my dream and my goal, and there were so many people ... In the book, you discuss how much of an athlete's success depends on mental prowess. Is that the most overlooked ...

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*Chris Bosh on His
New Book, the
Importance of Mental
Toughness, and
Being a Basketball
Dad*

Eighty-three percent of nonbinary young people reported “feeling sad or hopeless every day for more than two weeks,” followed by

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78 percent of
transgender
respondents,
according to a report
released ...

*Emotional
Mental health and
housing instability
worsened for LGBTQ
youth during
pandemic, report says*
PV, with six seniors in
its program, has spent
considerable energy

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this spring trying to enhance its mental toughness ... Roemer scored a pair of goals in a 2-1 win over Iowa City High last ...

'Heart-to-hearts' help Spartans build mental toughness

“His consistency, mental toughness and performance under pressure ... Belichick

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Toughness
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Emotional

is referencing
Vinatieri's 45-yard
field goal in the snow
against the Oakland
Raiders that helped
the Patriots ...

*Bill Belichick praises
Adam Vinatieri as
"greatest kicker of all-
time"*

His consistency,
mental toughness and
performance under

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pressure... Nobody in NFL history has as many points (2,673), made field goals (599) or field-goal attempts (715) as Vinatieri.

Patriots' Bill Belichick Praises 'Legendary' Adam Vinatieri After Kicker's Retirement
After 24 NFL seasons, Adam Vinatieri announced

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his retirement on Wednesday. The 48-year-old leaves the game as the NFL's all-time leading scorer. A future Hall-of-Famer, Vinatieri didn't play last ...

Adam Vinatieri is retiring. Here's what Bill Belichick and Robert Kraft had to say.

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"Adam Vinatieri is the greatest kicker of all time who made the greatest kick of all time in the 2001 divisional playoffs, His consistency, mental toughness ... winning field goals in New ...

*Legendary Patriots
kicker Adam Vinatieri
announces NFL
retirement after 24*

Page 20/24

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Toughness
The goal is simple,
don't miss. "This
game is 90-95
percent mental," said
Jim Hughes. "So it's
really about
developing a mental
toughness and a
mental process that
enables you to focus
...

State trapshooting
Page 21/24

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*Championships fire
away in South
Mississippi*

His consistency,
mental toughness and
performance under
pressure ... the
Patriots and is best
remembered for his
game-tying field goal
in the 2001 Snow
Bowl at Foxboro
Stadium in the middle

...

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Adam Vinatieri

retirement: Bill

Belichick 'honored'

*to have coached 'the
greatest kicker of all
time'*

In 2001, his 45-yard field goal during a blizzard will go down ... "His consistency, mental toughness and performance under pressure was

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honored to have
coached Adam, going
...
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