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**Subject:** 7 Keys to Peaking in Postseason  
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## 7 Ways to Peak this Postseason

1. Be thankful for the opportunity to wrestle. It is an opportunity NOT an obligation.
2. **Accept your thoughts and don't focus on how you feel.** It's natural to have some doubts or to feel nervous. Execute your gameplan regardless!
3. *Don't put it on a pedestal.* Every competition is important but don't make it special. Treat it like another day in the office.

[Read the Full Article- 7 Ways to Peak in the Postseason](#)

### STEP 1 FOR TEAMS:

Sign up for more info on our **Post-Season Workshop for Peaking** made Specifically for Teams!

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### STEP 1 & 2 FOR WRESTLERS:

[Sign up for our 10 Day Confidence Crash Course](#)

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*Make this the BEST Postseason ever with the Mental Edge.*

**Remember Mindset Makes the Difference!**

--Coach Z

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