

# LISTENING GAP-FILLING

## Topic: Two Decisions That Changed My Life

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Instructions

Listen to the recording and complete each gap with **ONE WORD** or a **NUMBER**.

\_\_\_\_\_

## PART 1 – THE FIRST DECISION

One day, I found myself at the top of a mountain, one \_\_\_\_\_ to go, one last chance to fulfill a lifelong dream.

I made the first decision after a very challenging period in my career as an athlete—five years of recurring \_\_\_\_\_ as a track athlete.

As much as I loved track, the injuries were slowly killing my \_\_\_\_\_ and my dreams.

The last of the series of injuries required major \_\_\_\_\_ surgery.

But as I sat on my couch, days out of surgery, I thought of an old coach and \_\_\_\_\_'s words, comparing me to a great bobsledder he once knew.

After year upon year of not reaching the goals I set for myself in track, it was time for a \_\_\_\_\_.

So I reached out to the U.S. Olympic Committee, and they told me to start \_\_\_\_\_.

Great! I was going to be a \_\_\_\_\_!

I didn't really know anything about it, but the first decision had been \_\_\_\_\_.

\_\_\_\_\_

## PART 2 – THE SECOND DECISION

And there I was, about to push my four-man sled with my team to the chance of Olympic \_\_\_\_\_ and Olympic glory.

“Back set! Front set! Ready and—” the driver yelled, and off we \_\_\_\_\_.

We dug as deep as we could, and as the cadence of our steps increased and the sled \_\_\_\_\_, we left everything we had on the track.

And a \_\_\_\_\_ came over me.

Once in the sled, my mind went back to that day on the \_\_\_\_\_.

“How can I train for the bobsled without getting hurt over and over again like before?”

I had to look into the mirror and realized that I still wanted to \_\_\_\_\_.

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But I had to face the reality that my getting hurt wasn't to be blamed \_\_\_\_\_.

I had to realize that if I had a problem, it was up to me to \_\_\_\_\_ it.

I had to confront my reality and make a change, and that was the second \_\_\_\_\_.

The decision in my mind not to get hurt anymore mostly had to do with taking \_\_\_\_\_ for all the variables in my life.

I learned to let go of the \_\_\_\_\_ I had trained myself to have over the years.

I simply decided to trust myself and my \_\_\_\_\_ to push through situations I had thought insurmountable before.

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## PART 3 – THE OLYMPIC MOMENT

What followed those five years of injuries were \_\_\_\_\_ years of not missing one race I entered for the U.S.A. National and Olympic teams.

I found myself back with my team approaching \_\_\_\_\_ miles per hour.

As we came around the last corners, I could hear the crowd \_\_\_\_\_ and the cowbells blaring.

We then came around the last \_\_\_\_\_, and when we all looked up, the clock simply read “1.”

We had done it; we were Olympic gold \_\_\_\_\_.

We were the best in the \_\_\_\_\_.

My hands went up immediately, as the moment I had been waiting for my entire life had finally come \_\_\_\_\_.

I knew my decisions had been worth the \_\_\_\_\_, worth the fear.

Two decisions and those five minutes sitting on that couch began to change my \_\_\_\_\_.

It was those decisions and standing by them that ultimately gave me the \_\_\_\_\_ to perform at the Olympic games.

### **Final Question**

**What two decisions can you make and stick to that will change your life forever?**

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