

**A** Read about an athlete's favorite proverb. Fill in the blanks with the expressions in the box.

I like this proverb because  
it's often said that

it means that  
one of my favorite proverbs is

As a college wrestler, I compete with some of the toughest and most disciplined athletes. \_\_\_\_\_ "fall seven times, stand up eight." To me, \_\_\_\_\_ you should never give up on your goals and dreams no matter how hard practice is every day or how many important matches you lose. \_\_\_\_\_ athletes can't win unless they believe in themselves. \_\_\_\_\_ it reminds me that no matter how many times I fail, if I don't stand up after my failure, I'll never succeed.

**B** Describe a proverb that you use for motivation in your life. Use the expressions above.

