

Level: B1 Intermediate

Skill: Listening



The Power of Resilience

Watch the video and decide if the following sentences are TRUE or FALSE

- 1 Asha Phillip's main sport was trampolining.
- 2 Asha Phillip became a junior champion in double mini trampolining.
- 3 Asha Phillip's injury occurred during the World Championships in Quebec.
- 4 Asha Phillip's leg was pointing in a different direction after her injury.
- 5 Asha Phillip's mother was the one who believed in her during her recovery.
- 6 Asha Phillip never experienced any setbacks during her rehabilitation process.
- 7 Asha Phillip believes that mental toughness is the only thing that separates success from failure.
- 8 Asha Phillip finds training to be a stressful and negative experience.
- 9 Asha Phillip emphasizes the importance of focus and channeling distractions during a race.
- 10 Asha Phillip believes that balance is crucial in achieving goals.