8C – Listening 4.12

A. Decide if the statements are True (T), False (F), or Not Given (NG)

1. _____ Samuel is recording his video from Costa Rica.
2. _____ Samuel decided to change his life after failing an exam.
3. _____ His friends insulted him directly during an online class.
4. _____ Samuel exercised every day at the beginning.
5. _____ He reduced his junk food intake gradually.
6. _____ Samuel never felt like quitting his plan.
7. _____ A book helped Samuel understand the power of small actions.
8. _____ Samuel's physical health improved faster than his mental health.
9. _____ Samuel's social media account was private.
10. _____ Samuel plans to write a book about his experience.

B. Answer the questions

1. What made Samuel decide to take charge of his health?

2. What was Samuel's first goal?

3. How did the book Samuel read influence his habits?

4. Why did Samuel start a social media account?

5. What message does Samuel give at the end of his talk?

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