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

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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 _____.

I still wanted to _____.

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.

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.”

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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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LIVEWORKSHEETS