**Course1:**

**Jen Bricker: A Story of Courage and Persistence**

Dear students, you are kindly invited to watch this video : (<https://www.youtube.com/watch?v=xkQrfIIV5OA>

**Listening Comprehension activities:**

**Post- watching discussion:**

After watching the video and listening carefully to the content, try to answer the following

questions:

-What was Jen’s handicap?

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-Did she live with her biological parents? Why?

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-Who was Jen’s hero?

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-Jen was raised by....................................................in the state of...........................................

-How many people lived in her village?

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-What was the first sport practiced by Jen?

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-When did she start practicing her first sport?

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-what did happen to her when she was at High-School?

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-Did Jen practice other sports?

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-Did she succeed in practicing them?

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-What did happen when she was sixteen?

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-What was her relationship with Dominique Moceanu?

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-Jen sent an envelope to her parents, what did it include?

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-What was Jen’s secret for success in life?

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**After watching the video, listening to Jen’s story, and answering the post- watching questions, please read the following text :**

**How to be Successful in Life**

Everyone wants personal success and to learn the keys to success. Everyone wants to have a happy, healthy life, do meaningful work, enjoy a career, and achieve financial independence. Everyone wants to make a difference in the world, to be significant, to have a positive impact on those around him or her. Everyone wants to do something wonderful with his or her life.

Over and over, It has been found that the keys to success are a single piece of information, a single idea at the right time, that can change your life in the right situation.

If you can follow these tips, you will be able to take control of your life and achieve your goals.

**We All Have One Common Goal**

Luckily for most of us, personal success is not a matter of background, intelligence, or native ability. It’s not our family, friends, or contacts who enable us to do extraordinary things. Instead, the *keys to success in life* are our ability to get the very best out of ourselves under almost all conditions and circumstances. It is your ability to adapt and change your life.

You have within you, right now, deep reserves of potential and ability that, if properly harnessed and channeled, will enable you to accomplish extraordinary things with your life.

**The Four Keys To Success**

The great keys to success to change your life have always been the same.

1. Decide exactly what you want and where you want to go.
2. Set a deadline and make a plan to get there. (Remember, a goal is just a dream with a deadline.)
3. Take action on your plan; do something every day to move toward your goal.
4. Resolve in advance that you will persist until you succeed, that you will never, ever give up.

This formula is your key to success and has worked for almost everyone who has ever tried it.  It will require the very most you can give and the best qualities you can develop. In developing and following these keys, you will evolve and grow to become an extraordinary person.

**Learn How To Be Successful From The Experts To Change Your Life**

You will not live long enough to figure it all out for yourself. And what a waste it would be to try, when you can learn from others who have gone before. In one of many great quotes, Ben Franklin said, “Men can either buy their wisdom or they can borrow it from others. The great tragedy is that most men prefer to buy it, to pay full price in terms of time and treasure.”

Your greatest goal in life and in personal success should be to acquire as many of them as possible and then use them to help you do the things you want to do and become the person you want to become.

**Program Yourself For Personal Success**

You will change your life by achieving just one important goal , you create a pattern, a template for personal success in your subconscious mind. You will change your life and be automatically directed, and driven toward repeating that success in other things that you attempt. This is the best way to get your life back in order.

By overcoming adversity and achieving one great goal in any area, you will program yourself for success in other areas as well. In other words, you learn to succeed by succeeding. The more you achieve, the more you can achieve. Each of the keys to success, especially the first one, builds your confidence and belief that you will be successful next time and achieve ultimate personal success.

Try to leverage your momentum from an achievement in your personal success to reach a goal in your career or at school. Eventually, you will create a synergistic effect and find that success comes easier on all fronts.

**Unlimited Potential**

The only real limits on what you can do, have, or be are self-imposed. Once you make a clear, unequivocal decision to change your life by casting off all your mental limitations and throw your whole heart into the accomplishment of some great goal, your ultimate personal success is virtually guaranteed, as long as you don’t stop.

* **Dear students, based on all what preceded try to make a whole synthesis about what was said cocerning the keys of success in life. Try to suggest other keys according to your own experience and personal believes.**

Source: <https://www.briantracy.com/blog/personal-success/personal-success-keys-to-success-change-your-life/>