

Inspirational Sports Quotes and Life Lessons

Life Skills · Answer Key · 24 Questions

1. Which athlete said, "When you fall, get right back up. Just keep going. keep pushing it"?

- A) Lindsey Vonn**
- B) Jessica Ennis-Hill
- C) Muhammad Ali
- D) Dale Earnhardt

2. Jessica Ennis-Hill's quote suggests that the only person who can limit your success is:

- A) Your coach
- B) Your competitors
- C) Yourself**
- D) Your family

3. Muhammad Ali's quote on training implies that enduring hardship now leads to:

- A) Immediate success
- B) A comfortable future**
- C) Regret
- D) Short-term fame

4. According to Dale Earnhardt, what are some inevitable outcomes in racing?

- A) Only wins and losses
- B) Wins, losses, and crashes**
- C) Only practice and training
- D) Only victories and celebrations

5. Wayne Gretzky's quote, "You miss 100 percent of the shots you don't take," emphasizes the importance of:

- A) Perfect execution
- B) Taking risks**
- C) Avoiding failure
- D) Waiting for the right moment

6. Sanya Richards-Ross states that she can live with failure, but not with:

- A) Losing a competition
- B) Not trying**
- C) Criticism from others
- D) Making mistakes

7. The statement "Winning is hard work" is attributed to which athlete?

A) Arnold Schwarzenegger

B) Muhammad Ali

C) Jessica Ennis-Hill

D) Wayne Gretzky

8. Which of these statements best reflects the idea that losing is a natural part of sports?

A) Never give up!

B) If you don't try, you can't win.

C) Losing is a natural part of competitive sports.

D) Failure I can live with. Not trying is what I can't handle!

9. The quote "The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you believe 100 percent" is associated with:

A) Dale Earnhardt

B) Arnold Schwarzenegger

C) Muhammad Ali

D) Wayne Gretzky

10. What does the glossary define as "Verbindung von Metallen"?

A) envision

B) alloy

C) wreck

D) determine

11. The statement "The only thing that's stopping you is yourself" aligns with the idea of:

A) External obstacles

B) Self-doubt

C) Team support

D) Good luck

12. Which quote directly addresses the idea that you need to attempt something to achieve it?

A) When you fall, get right back up.

B) If you don't try, you can't win.

C) Never give up!

D) I hated every minute of training...

13. The statement "Failure I can live with. Not trying is what I can't handle!" suggests that effort is more important than:

- A) Talent
- B) Practice
- C) Outcome**
- D) Teamwork

14. Which quote encourages continuous effort despite setbacks?

- A) The only one who can tell you you can't win' is you.
- B) Just keep going. keep pushing it**
- C) Win some, lose some, and wreck some
- D) I hated every minute of training...

15. The statement "Try to learn how to lose" is associated with:

- A) Wayne Gretzky
- B) Kareem Abdul-Jabbar**
- C) Muhammad Ali
- D) Lindsey Vonn

16. What does the glossary define as "sich etw. vorstellen"?

- A) alloy
- B) wreck
- C) envision**
- D) determine

17. The quote "The only one who can tell you you can't win' is you, and you don't have to listen" emphasizes the power of:

- A) Criticism
- B) Self-belief**
- C) External validation
- D) Past failures

18. Which athlete is known for boxing and said, "I hated every minute of training, but I said, 'Suffer now and live the rest of your life as a champion.'"

- A) Arnold Schwarzenegger
- B) Muhammad Ali**
- C) Mike Tyson
- D) Rocky Marciano

19. The statement "You can't win until you learn how to lose" implies that learning from defeat is a precursor to:

- A) Giving up
- B) Achieving victory**
- C) Avoiding competition
- D) Blaming others

20. What does the glossary define as "etw. zerstören"?

- A) envision
- B) alloy
- C) determine
- D) wreck**

21. The quote "Win some, lose some, and wreck some" by Dale Earnhardt suggests that sports involve a mix of:

- A) Success and failure
- B) Victory and defeat
- C) Good fortune and misfortune
- D) All of the above**

22. Which statement highlights the importance of belief in achieving goals?

- A) When you fall, get right back up.
- B) The only thing that's stopping you is yourself.
- C) The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you believe 100 percent.**
- D) Winning is hard work.

23. The quote "If you don't try, you can't win" is a direct call to action for:

- A) Patience
- B) Effort**
- C) Strategy
- D) Luck

24. The statement "Losing is a natural part of competitive sports" can be interpreted as:

- A) An excuse for not trying
- B) A sign of weakness
- C) An inherent aspect of competition**
- D) A reason to quit