<https://www.listen-and-write.com/audio/show3/14192>

주제: text2.4 (level 19)

1.

Championships aren’t won in the theater of the arena.

\*arena:경기장

2.

They’re won in the thousands of hours in the training room the laps and the 5 AM runs when it’s raining and everyone else is sleeping.

3.

That’s when it’s won.

4.

The heart of a champion is a light switch that’s always on.

5.

It doesn’t go on and off when someone is watching.

6.

It’s constant

7.

It’s how you look at something.

8.

If your name is attached to it that you do it right to the best of your ability every single time

9.

If you’re dusting your countertops, do you dust around the picture frame or do you pick it up and dust the entire thing.

10.

Do the job right or don’t do it at all.

11.

That’s the same person who has his hand raised on the podium one day.

\*podium: 지휘대

12.

The exact same person! How you hold yourself in the small things of life build the character winning blocks of the things that we’re remembered for

13.

I see them as one and the same.

14.

Do you hold yourself to the highest standards even right now when no one else is looking.

15.

What do you do when no one is watching says a lot about what you do when they are

16.

If you do it then, I guarantee you. You will be doing it when everyone is watching.