

HOMETOWN HEROES WORKSHEET

Doshia Woods | Part I – Early Adversity

Are there challenges in your life that you have had to find creative ways to solve?

Does Doshia’s story inspire you to think about your life in a different way? If yes, why?

What were some of the things Doshia was challenged by when she was young?

How do you “cope” when challenges seem overwhelming to you?

Doshia’s life changed when she got involved in sports.

Do you have interests that might provide a path forward when times get tough?

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Doshia Woods | Part II - Taking Control

Have you ever felt that your life was out of your control?

What qualities did Doshia have that helped her strive to be successful?

What does success look like to you?

If/when things are tough in your life, what are your “coping” mechanisms?

Have you ever taken your frustrations out on others? Did that make anything better?

What are some “healthy” ways to handle frustration and disappointment in your own life?

Sports helped Doshia turn her life around. What inspires you to make change in your life?

Are there people /activities who you can turn to for help if you need it?

What are some of the qualities Doshia has that help her strive for positive outcomes?

What are some of your special qualities and how do they support your success?

What are some qualities that help a team succeed?

Would you rather be part of a team or lead a team? Why?

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Doshia Woods | Part III – Resilience, Growth, & Grace

What did resilience look like for Doshia and what does it look like in your life?

How can you stay committed to your goals when things aren't going the way you want?

Where did Doshia find motivation? Where does your motivation come from?

Doshia didn't expect perfection from herself or from others but instead looked for progress and growth. Are there ways that you can give yourself and others the grace to progress step by step?

For Doshia, writing provided an outlet that enabled her to process difficult experiences in her life. Do you have an outlet that helps you process challenging or difficult moments in your life?

What are some of the positives in your life and how do they keep you moving forward?

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Doshia Woods | Part IV – Never a Victim

How does Doshia serve as a mentor to her players?

Do you have mentors in your life? How have or do they support you in your life? Perhaps you are a mentor to someone. How do you support them?

Do you have personal goals for yourself and are they realistic? Do you have patience with yourself as you strive to reach them?

Doshia talked about “winning the moment”. Are you able to find good in the moments and take steps forward that build upon those moments?

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Doshia Woods | Part V – Find What You Are Looking For

Doshia uses the word THRIVE as an acronym for how she approaches her life.

Th Thankful
R Resilient
I Intentional
V Vision
E Energy

What would your life acronym be?

**Are you able to build upon your successes and see the light in the present?
What does that look like in your life?**