

HOMETOWN HEROES WORKSHEET

Teacher Version | Doshia Woods (Part I)

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

[open ended]

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

[open ended]

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

[open ended]

How do you "cope" when challenges seem overwhelming to you?

[open ended]

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

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

[open ended]

HOMETOWN HEROES WORKSHEET

Teacher Version | Doshia Woods (Part II)

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

[open ended]

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

[open ended]

What does success look like to you?

[open ended]

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

[open ended]

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

[open ended]

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

[open ended]

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

[open ended]

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

[open ended]

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

[open ended]

HOMETOWN HEROES WORKSHEET

Teacher Version | Doshia Woods (Part III)

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

[open ended]

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

[open ended]

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

[open ended]

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?

[open ended]

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?

[open ended]

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

[open ended]

HOMETOWN HEROES WORKSHEET

Teacher Version | Doshia Woods (Part IV)

How does Doshia serve as a mentor to her players?

[open ended]

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?

[open ended]

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

[open ended]

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

[open ended]

HOMETOWN HEROES WORKSHEET

Teacher Version | Doshia Woods (Part 5)
Running Time: X:XX | Video Clip from X:XX - X:XX

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?

[open ended]

Are you able to build upon your successes and see the light in the present?

What does that look like in your life?

[open ended]