



The following questions are meant for the students to reflect upon what Tasha talked about and to help them think about their own lives and situations. They can be used as a simple handout for students to take home with them, or as a classroom exercise.

1. Tasha spoke about purpose, and how you have purpose right where you're at in your life. **When it comes to your life, what are some things you can do on a daily basis to live out your purpose?** (Remember, they do not necessarily need to be big things. Also think about what Tasha said when it comes to “respect” and “giving your best”.)
2. One of the major adjustments that Tasha had to make following her return home was in her attitude, specifically in having a “Yes I Can” mentality. Something that helped her along the way with this was developing a gratitude list. Simply put, it is writing down all of the things that you have to be thankful for. **What are some things that you have to be thankful for in your life? Make your own gratitude list, writing down everything you can think of, no matter how small or insignificant it may seem.** You may be surprised just how many you can come up with! Keep this list and read it when you are having a tough day.

3. Hope can be defined as “a feeling of expectation and desire for a certain thing to happen”. Despite some setbacks along the way Tasha has never given up or lost that feeling of hope, and you can see her determination in the things she has been able to accomplish. **Think about all of the things she listed towards the end of her talk that she has done during her years of being in a wheelchair; which one is the most surprising to you and why?**
  
4. One of the key components to Tasha’s talk is the theme of life being like a race. During the race of life, we cannot do it alone; we are frequently in need of help. That help can look like a pit crew. Simply put these are the people in your life that you can turn to for help or encouragement, and in turn you are part of someone else’s pit crew. The members of your pit crew may change a bit throughout your life, but ultimately you should never be without a pit crew. **Determine who is on your team and write this down. This can include friends, family, faculty or anyone else important in your life.**
  
5. Despite having limited mobility Tasha uses the movements and gifts she still has to make a difference and impact peoples’ lives. Nothing has been able to break her stride, and certainly nothing is going to slow her down. No matter what the challenge is she determines to overcome it. **Using her story as inspiration, what are some things you can do to make your school a better place?**  
**\*Challenge\* Pick at least one person every day to do something nice for. Use the gifts you have to be a shining light!**