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Great job!

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HES 275, Pate

Autobiography Assignment

As the themes of my autobiography assignment I chose the words blessed, fearless, and determined. I feel like, daily, I try to remember to embody these words through my actions, my beliefs, and my attitude. These are characteristics of a leader because leaders should be mindful of all they have been given or achieved, unafraid in their abilities, and determined to be better or make their team better than they were the day before.

Blessed was the first word I chose to include in my assignment because everywhere I look I am constantly reminded how blessed I am. Whether it's representing Bama on my t-shirt or competing in front of 15,000 fans in a crimson leotard, I am blessed to be a part of this university. I think about my family and how much they sacrificed to help my dreams come true, and I know I am blessed to be surrounded by such supportive and loving people. When it comes to my team and our chemistry, I know there is no one else like us in the country and I am blessed to be a member of something so special. I could go on all day counting blessings, but by the grace of God alone, I am grateful for all he has put in my life and all the opportunities He has given me. I am one lucky girl.

The next word I chose for my project was fearless. Now obviously, what gymnasts do on a daily basis is enough to cause a little fear in anyone, but I mean fearless as in my approach and attitude, because trust me, some of our skills scare me sometimes too. I have recently learned and am still working to be fearless in my abilities, as a gymnast and a leader. I have been training gymnastics since I was 5 so to doubt myself is really a waste of time, but when you are surrounded by 16 other amazing, talented girls, it is easy to think you aren't good enough. And as a leader my sophomore year, it is easy to think you aren't ready or worthy of such a position but I am learning to embrace my strengths and try to give the team as much of them as I can. Last year, I didn't exhibit as fearless attitude when it came to self-confidence and I vowed to throw that attitude out of the way this year. I am finally unafraid to be myself and relax when doing what I do best. To me, these are all fearless qualities that I look to embrace and exhibit this year. This was a must- have theme for me because it is something I need work on.

Finally, the last word I chose for my assignment was determined. Every athlete is determined; to have a better practice, to get in better shape, to compete better, to win this or that, to be the best they can be. But I am determined to do so much more than just accomplish my personal goals. I am determined to make history with this team. We already did by winning back to back titles, but I want a third and a fourth. I want us to have the highest GPA of any team before us. And I know to help my team achieve their goals I have to be the best I can be for them. That's another thing I am working towards. We have such a strong outlet as student-athletes to help our community and I am determined to do a better job of that. Right after our team car wash that raised \$3,000 for a disabled young man, I was already asking what else we could do to help. I want to be more determined to help others.

I finished my project with a quote. "Success means having the courage, the determination, and the will to become the person you believe you were meant to be." My goal each day is to exemplify this quote. Meaning, I have to be more aware of my attitude around my teammates, I have to be positive and willing to help them, and I have to remember where I came

from and the hard work I put in to get this far.