

Upper Arlington High School Public Speaking

This I Believe Speech & Essay

Sat 7. January 2017

Mr. Goddard, Fellow Classmates, and joining members,

This I believe. I believe that success is a triangle of sorts, with three main stems, for me this triangle is to dream big, to work hard, and to stay humble. This I believe because of my main successes in my life, have all incorporated these points, and equally my failures have been because a lacking of one of these three points, to dream big, to work hard, or to stay humble.

A woman in England by the name of Mackenzie Gorden was paralyzed in a car wreck in 2012. Paralyzed in both limbs, she was told she could never walk again. But she dreamed big; she dreamed that she would walk again, so she and her doctors devised a method of loco-motor therapy to regain control of her paralyzed limbs. In less than a school year she could stand for 29 seconds, and on her sisters wedding day she walked down the aisle with her. And she's stayed humble, now working to become a registered nurse.

4 years ago I was in a tragic house fire that nearly killed me. I was placed into a coma and four months later I could not walk, or even move at all. I had muscular atrophy, where the muscles weaken and the body becomes weaker. But then the doctors told me something, if I worked hard enough and dreamed big enough I could walk out of the hospital. And so I did, I worked hard, through occupational therapy and physical therapy. True, I did give up occasionally and had low spots, but less than a year out of the hospital I could walk, but I had bigger goals; I wanted to run. In 2014 I ran the Nationwide 5K. I ran with wounds on my legs and at about with ways to go to recovery, but I ran the 5K and finished in the top 2% for time. Was it hard, yes. Was it painful, yes. Did I feel like I would faint, absolutely. But typically I don't share that. What I share to people who I meet, and when I meet them, is that what ever they think they can't do, I bet they can. And I tell people who I meet, and

when I meet them; to dream big, to work hard, and to stay humble.

Thank you

Kota Wharton