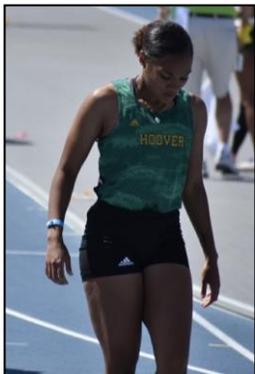




# Heart of an Athlete

## June 2018



**Name:** Temira Goods  
**Hometown:** Des Moines, IA  
**School:** Hoover High School  
**Sport(s):** Track & Cross Country

**List your chosen attribute:** Humble

### **What is your personal definition of this word?**

My personal definition of this word is to always remain modest, appreciative, and thankful for the opportunity's you have in your life. Whether you're the best or the worst at whatever you do always be thankful that you have the opportunity.

### **What are some of your favorite quotes from other people about this word?**

" I will forever remain humble because I know I could have less. I will always be grateful because I know I've had less" – Unknown

" Stay true in the dark, and humble in the light" – Harold B. Lee

### **What is your favorite Biblical passage that deals with this characteristic?**

"Humble yourselves before the lord and he will lift you up " – James 4:10

### **Why did you choose that particular passage?**

I chose this passage because it's a simple representation of how the way you act can influence how God see's you, and how he will reward you.

### **Please give an application/example of this word in your life.**

I appicate humbleness not only in my sport but just in my daily life in general. Whether its at work, school, or just at home I think its important to remain humble in any given situation.

### **How do you apply this word in your sport?**

I apply this word in my sport by realizing my potential, and talent but not taking advantage of it, and remaining grateful. During the competitive season I've realized how much your attitude can influence how you perform so keeping a humble, and a positive attitude has played a huge part of my success as an athlete.

### **How did you first become involved in FCA?**

I first became involved in FCA from a bunch of my friends and coaches telling me about the program, which influenced me to want to become a part of it.

**How active within FCA were/are you?**

I'm very active within FCA. During the school year I met with my leadership FCA group atleast once a week besides the time's we had huddles for Hoover.

**What is your athletic experience? (Where?)**

I've ran track since 7<sup>th</sup> grade for Meredith/Hoover, and I'm coming into my second year of Cross Country for hoover.

**What are your future goals?**

My future goals are to attend college & Major in health and science to become an OB-GYN, and hopefully extend my athletics to compete in college.