

August 19, 2015

Dear OSAA,

I'm at this point in my life where I keep finding myself lost everywhere I go. Not really knowing what I'm going to do next. Over the past two years, I've really struggled being able to balance my school work & everything else in my life. I have dug myself in a hole, so deep I thought I'd never make it but then I realized something. I realized that I was the only person stopping me from being where I wanted to be. I knew what I had to do in order to change that and that meant changing my mind. My mindset was the key to me changing my life. It all began and ended in my mind.

My main focus this year is only doing things that will benefit me in the long run. Only focusing on my priorities and surrounding myself with people who have good intentions with me. I am going to really focus on creating a better ME. With that being said, a big part of me and my life is volleyball. Volleyball is something that really helps me clear my head and it motivates me to do better and challenge myself. I am a very competitive person, and this shows my drive. I know that I've not handled my business in the past but I don't want that to dictate my future. I am willing to do whatever it takes to play. And I am willing to do whatever it takes to get me back on track to graduate and succeed. Doing better as a student won't be an issue because I already want to better myself. I want to show you, my school, my teachers and my coach what I am capable of doing. This year will be different. I can honestly say I have been at that point where I've thought nothing would ever get right again then I changed my mind and I knew then everything was going to be ok.

Thank you for your consideration,

Lasha Shephard