

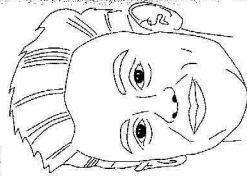
# IF THEY CAN DO IT, WHY CAN'T YOU?

Don't forget: no one is born a superstar or a world champion. Let the legends below inspire you that no matter where you start from, with perseverance and hard work, you can end up making progress that might surprise you!

## TOM DALEY

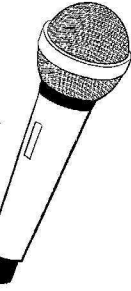
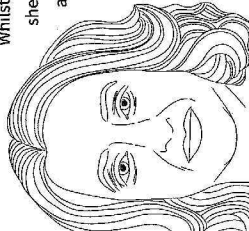
Tom Daley grew up in Plymouth and was fascinated by the divers he saw at his local swimming pool. At eight years old he joined a diving club and set to work honing his skills.

But he faced a fork in the road when his tough training schedule clashed with his Judo practice, which he also loved. Tom made the difficult decision to focus his hard work on diving, which paid off when he became the youngest person ever to win the Under-18s National Junior Championship, competing against people seven years his senior. He now has **TWO** Olympic bronze medals under his belt.



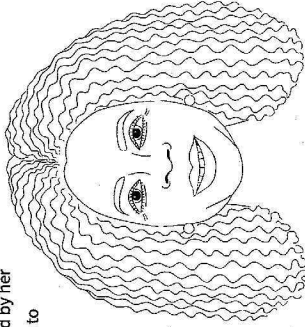
## ZAHA HADID

Whilst Zaha Hadid came from a privileged Iraqi family, she had to work exceptionally hard to succeed as both a woman and an Arab Muslim in the white male-dominated world of architecture. As a result, the profession was opened up to other women in a new way and her legacy continues to push boundaries in the field after her death.



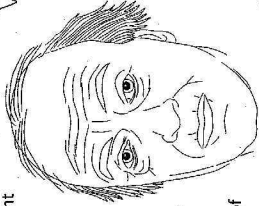
## OPRAH WINFREY

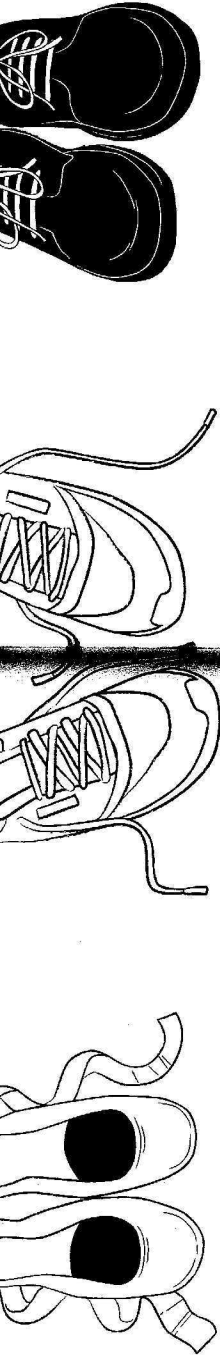
Oprah struggled in school and was bullied by her peers for being poor. But determined not to give up, she transferred schools and gained a full scholarship to Tennessee State University. It wasn't long before she attracted the attention of a local radio station and became a part-time news presenter. She spent years practising on TV and radio shows, but it all paid off when she was given *The Oprah Winfrey Show*.



## ROALD DAHL

Born in the UK to Norwegian parents, Roald's father and sister died when Roald was very young and he was sent to boarding school, which he loathed. Many of the teachers there inspired the villains in his children's books. Thought to have been dyslexic, Roald was never regarded as particularly talented at school, especially at writing. Whilst serving as a pilot in the Second World War, he was seriously injured in a plane crash. In spite of his difficulties, Roald poured his life experiences into his writing – and went on to be one of the most loved children's authors of all time.





## IN THEIR SHOES

Think of a successful person that you really admire. It could be someone in sport, music, on TV, an author, actor or even a teacher. (No, I'm not kidding. Teachers can be Awesome, right?) It might seem like they were destined for success, but put yourself in their shoes. Do some research to see what has really got them to the top. How have they managed to achieve their dreams?

**FAMOUS PERSON:** .....

**WHY DO YOU ADMIRE THEM?**  
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**HOW HARD DID THEY WORK TO GET TO WHERE THEY ARE TODAY?**  
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**WHAT OBSTACLES HAVE THEY OVERCOME?**  
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