

After watching the Women Who Wow episode featuring Grace Davidson, take a moment to think about her story and the impact it may have had on you. Answer the questions below to engage in some self-reflection and/or group discussion.

1. What motivates you to accomplish your goals in the face of adversity?

2. Have you ever questioned what you might be capable of based on your age or gender? If so, why? And how did that make you feel?

3. Do you ever feel like you have something to prove based on your age or gender?

4. How can you support and motivate others who may be questioning what they're capable of?