

CANDICE WIGGINS // Reflection Guide

WNBA CHAMPION



1. Candice lost her dad when she was just four years old. She recalls how sick he was before he died. Her father Allan was a professional baseball player who had AIDS. At the time he was sick, AIDS was a very misunderstood disease and Candice remembers that she could not see him or be near him. No one talked about his illness to her. It was a terrifying time for her.

Sometimes families do not talk about a loved one who is dying – whether it is cancer, or heart disease or AIDS - some adults think it is best not to talk to young people. Yet, kids and teens understand more than adults think. What is your experience with illness in your family? What did you want to know?

2. After Candice’s father died, her mother and siblings didn’t talk very much about his death or his life. Because her father was a professional athlete there were films and videos of him playing baseball. The person she remembered being so sick and the person in the videos were like two different people, she said it was like he was an “imaginary person.”

What was the hardest thing to talk about after your loved one died? How can your special person be as “real” as possible to you? What did you or do you want to know about your loved one’s life? Who helped you remember his or her life?

3. Candice says that reading about her father’s death inspired her to make sure her fathers’ memory never ends. She went into “survival mode” and suggests that you “Take it upon yourself to be your loved one’s legacy because it never ends. It is everlasting.”

A legacy is a gift, talent or enduring spirit that is passed on to you from your parents or previous generations. In what ways is your loved one’s legacy everlasting? Describe how you live out their legacy?

4. In the video, Candice explains how going through the death of her father has inspired her to become a “leader of courage”. As a leader she encourages and supports other survivors.

What are some ways you can use the experience of losing your loved one to help others who have experienced a similar loss? How can you become a “leader of courage”?

5. When Candice is having a moment of sadness and feeling like something is missing, she describes it as “a hole in her bucket”. At those times she keeps an eternal perspective. She explains that, although you cannot see your deceased loved one, you can still feel his or her presence.

How do you combat your moments of sadness? When do you feel the presence of the person who died?

6. Candice says that the best medicine is a good cry. She explains that once you have that emotional release, you will not feel that pain in the same way again. It will change; it is an emotional release.

What do you think about the “emotional release” Candice is referring to? What is your emotional release?

7. At the end of the video, Candice encourages us to set goals; that we all have a purpose. Finally, she reminds us that it is about the journey, not the destination.

What are some of your goals? What steps have you taken to achieve your goals? What are the next steps towards achieving your goals? How do you describe your journey?