Demi Stokes loved football from the moment she kicked a ball. From a very young age, she knew what she wanted to do with her life – she had an ambition.

Demi has always worked hard and trained hard to achieve success at Manchester City.

Her big dream was to represent England at the World Cup in 2015, but sadly she just missed out. Despite this, Demi didn’t give up, she kept going and achieved her place on the team at the 2019 FIFA Women’s World Cup.

"Even if you have very little, you can go on and do whatever you want, and be whoever you want to be."

"If you stick at it and you keep doing what you’re doing, you will get your chance."

What are your ambitions?

Things to think about:

- What do you want to do when you grow up?
- Why might you want to do that?
- What kind of person do you want to be?

Imagine yourself in the future and draw a picture of what you would like to be doing, or where you would like to be. Add labels and notes to explain. Use the My Ambitions worksheet, below.
My Ambitions

When I grow up, I want to...

because...

Me when I am older: