



2026 Girl Scout Humanitarian



Cierra Rexrode

Gold Award Girl Scout
Graduate, South Fayette High School
*Making Your Own Mind: An Athlete's
Journey to Overcoming*

Cierra has been an athlete practically her whole life. From early grade school to now, a freshman in college and a D1 athlete, sports have shaped the person she is today. Through sports, she has gained discipline, resilience, and strength, but more importantly, she has learned the importance of mental health in athletes. Cierra has witnessed the way that even great athletes can fall to the struggles that they fight against their own mind, and have experienced the hopelessness and darkness of not being good enough for their own standards, on and off the court. These struggles led her to research and to write *Making Your Own Mind: An Athlete's Journey to Overcoming* as her Girl Scout Gold Award Project. Her project focused on her journey

through struggling with mental health, ways others may be impacted, and the ways she found the light in the midst of darkness. In pursuing this as her Gold Award, she was able to break down the barriers in her own mind and go on to win a state championship in her senior year and now find a reignited passion for athletics in college. Being a Girl Scout gave her all the tools she needed to realize she could make a difference for so many people just like her, and begin to destigmatize mental health in sports and inspire others to find strength, not just in winning, but in growth, self-awareness, and perseverance. Cierra is proud of all that Girl Scouts has led her to accomplish and is eternally grateful that she gets to carry its lasting impact through the rest of her life.

Girl Scouts has taught me that I can do anything I want to do and be anyone I want to be, and I am proud that I can now use my voice to lead others towards their paths and show them that they can help others too.