

Living For Thursdays – AJ Nanayakkara

TRANSCRIPT

AJ:

One night, I was working out at the martial arts school. I got flipped. I broke my neck. I thought I was gonna be a burden on everybody I knew for the rest of my life, and I knew all I wanted to do was die. I tried to kill myself over a dozen times. I was back at a hospital and I saw a flyer on the wall for wheelchair rugby. I came and I attended a wheelchair rugby practice. This was the very first time that I saw other people with disabilities active in the community. Now we used to practice on Thursday nights, and I live for Thursday's now. I started volunteering. I started mentoring patients at hospitals. I started lecturing at universities. All of that came from getting involved in one thing. I'm AJ Nanayakkara and I'm looking forward to living the rest of my life.