

Herschel Walker's past helps me understand his accomplishments because from a very young age he was self-driven and intrinsically motivated.

According to the passage, Walker began his life as an overweight boy with a severe speech impediment. In addition, Walker's mother always told him to never use that as an excuse, and he decided to begin a strict regimen of pushups and sit-ups daily.

By the same token, Herschel even chased a train to increase his speed while running.

Finally, it is important to know that Herschel Walker went on to become one of football's greatest athletes, and never let his past get in the way of his accomplishments.