

## Keala Settle

Keala Settle is an American actress and singer. She was born on November 5, 1975, in Laie, Hawaii. Her mom is a New Zealand woman of native Māori descent and her dad is British-born. While growing up, she felt like she did not quite fit in with others due to her the mix of cultures she was a part of.

Settle grew up singing in church and performing in local theater productions. Despite her love for performing, Settle struggled with self-doubt and a lack of confidence in her abilities. In college, she studied voice at Southern Utah University. After graduating, she worked a variety of jobs, including as a backup singer and performer on cruise ships.

Her Broadway career began in 2011 in the musical *Priscilla, Queen of the Desert*. She went on to earn numerous roles in musicals. However, it was her role as Lettie Lutz, the bearded lady in *The Greatest Showman*, that brought her widespread recognition. "This Is Me," became an anthem of self-acceptance and empowerment.

Despite her success, Keala has faced significant challenges. Just days before performing "This is Me" at the 2018 Oscars, she had a stroke. Two months later, she had brain surgery followed by therapy where she had to relearn how to walk, talk, and write again. She has since spoken about how this experience changed her life. Despite the message of the song she became famous for, she had spent much of her life being someone who she was not. At the same time, the time and energy she put into the making of the movie, led to increased anxiety and then the health problems she experienced.

Settle has learned to focus on self-care and to become more resilient. She has recovered and believes that she has emerged stronger. Her journey is one of personal triumph over self-doubt and fear. She has openly shared her struggles with anxiety. She has struggled with embracing her true self in a profession that often emphasizes conformity. Settle became a powerful advocate for accepting who you are.

Name: \_\_\_\_\_

### Character Traits: Keala Settle

After reading, make a list of 3 character traits you can use to describe Keala Settle.

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Why do you think these character traits fit what you have read about her? List the character traits. Below each, share why you chose the trait.

Trait 1:

What text evidence supports this trait?

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Trait 2:

What text evidence supports this trait?

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Trait 3:

What text evidence supports this trait?

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