

TED Talk – Living Beyond Limits

Class Discussion Questions

https://www.ted.com/talks/amy_purdy_living_beyond_limits (~10 min)

1. What were Ann’s life goals before her accident? After her accident?
2. How did Ann:
 - a) demonstrate perseverance?
 - b) face her fears?
 - c) overcome challenges?
 - d) take new risks?

Reflection Journal Activity

Possible questions for reflection:

1. In her talk Ann asks herself, “If my life were a book, and I was the author, how would I want this story to go?” How would you answer this question?
2. In her talk, Ann says, “Imagination is a tool to break through borders [limitations or set-backs].” What does she mean by this? How do you use your imagination in challenging situations?
3. Describe a time you needed to persevere in order to complete a task or achieve a goal.
4. Describe a time you tried something new (a new sport, joined a club, a new way to solve a math problem etc.). How did you feel before, during, and after your experience?