***Living beyond limits***

When she was 19, Amy Purdy lost both her legs below the knee. And now ... she's a pro snowboarder (and a killer competitor on "Dancing with the Stars"!). In this powerful talk, she shows us how to draw inspiration from life's obstacles.

**Part I: Introduction**

Amy Purdy used a question to start her speech: If your life were a book and you were the author,

That’s the question that changed her life forever.

**Part II: Body Part**

The speaker talked about her life experience in a time sequence.

* **At the age of 19**, the day after she graduated high school, she moved to a place where it snowed and she became a massage therapist. For the first time, she felt free, independent and completely in control of her life until her life took a detour. What was the detour?
* **For the next few months**, what did her life look like?
* But she knew that in order to **move forward**, she had to and learn to

And that was when she thought positively in many aspects:

* About her height:
* And if she snowboarded again,
* And best of all,

It was this moment that she asked herself that life-defining question: “

?”

And she began to bring back her dreams. And that is when a new chapter in her life began.

* **Four months later,** she was back up on a snowboard, but things didn’t go quite as expected. What was the problem? What had she learned at that time? How did she solve the problem?
* Problem:

* She learned that our borders and obstacles can only do two things:

* Solution:

* It was and the best **21st birthday** gift **-**  that allowed her to follow her dreams again.
* She started , then she
* **In 2005,** she cofounded a for so they could get involved with
* From there, she had the opportunity to go to South Africa, where she

* **This past February,** she won , which made her

**Part III Conclusion**

* The speaker said if she was asked if she would ever want to change her situation, she would have to say . Because her legs haven’t her, if anything they’ve her. They’ve forced her to rely on her and to believe in the , and that’s why she believe that our can be used as tools for breaking through , because in our minds, . It’s and that allow us to live our lives beyond our limits.

* The speaker would like to challenge the audiences with the thought that maybe instead of looking at our challenges and our limitations , we can begin to look at them as that can be used to and help us . It’s not about borders. It’s about of them and seeing what amazing places they might bring us.

