Key Quotes and Lessons from TED Talks

Quote 1: "Growth happens when we do the hard thing."  
- This quote from 'Do the Hard Thing' encourages individuals to take on challenges that push their limits. In AI, this can be an example of \*\*supporting humans\*\* in tackling their greatest fears, helping them understand their \*\*inner strength\*\*.  
  
Quote 2: "Softness is not a weakness; it is the strength that makes us human."  
- From 'Softness Is Power,' this quote shifts the perspective on emotional vulnerability. AI can help individuals recognize their \*\*emotional intelligence\*\* and support them in embracing \*\*softness\*\* as a form of strength.  
  
Lesson: AI can act as a guide, helping people navigate their emotional growth, make difficult decisions, and confront their fears. It can enable them to process and explore \*\*vulnerability\*\*, \*\*self-worth\*\*, and \*\*self-acceptance\*\*.