

# Be your own kind of BEAUTIFUL



1. How do you define "beauty" ?



2. What do you think makes a person "beautiful" or "handsome" ?



3. What do you think an ugly person looks like?



WATCH VIDEO

4. Now watch the TEDx video by Lindsay Kite:

[https://www.ted.com/talks/lindsay\\_kite\\_body\\_positivity\\_or\\_body\\_obsession\\_learning\\_to\\_see\\_more\\_and\\_be\\_more?subtitle=en](https://www.ted.com/talks/lindsay_kite_body_positivity_or_body_obsession_learning_to_see_more_and_be_more?subtitle=en)

TED Talks



5. What is the main point in the video?

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6. What are the 2 important takeaways you learnt from the video?



7. How can you or how does it apply to your life?



8. How would you describe the "TALK" ?  
Is it useful/inspiring/interesting/motivating/dull/unrealistic?



9. What other fields you can benefit from her ideas?



10. When you look back to your answer to the first question, Would you give a different answer right now? Why? / Why not?