

TED TALKS TO GIVE YOU MOTIVATION TO BE BETTER



Summary: We can all use a little self-improvement in our lives and TED talks are an excellent source to broaden our thinking and learn.

TED (Technology, Entertainment, and Design) started in 1984 with the purpose to discuss “ideas worth spreading.” There are now over 1,400 talks, some of which have been very memorable. Here are 15 talks that will invoke inspiration, tears, and are just worth hearing.

- “A Stroke of Insight” by Jill Bolte Taylor
Jill has dedicated her life to psychiatry and schizophrenia research. She experienced a stroke and instead of panicking, she studied her own brain.
 - “The Power of Vulnerability” by Brene Brown
Brene gets personal in her talk about vulnerability and how it keeps us from happiness and feeling deserving of love.
 - “Your Elusive Creative Genius” by Elizabeth Gilbert
Elizabeth points out the problem with society’s notion that creativity and suffering go together by helping artists gain control of emotional risks that can come with creativity.
 - “Why 30 Is Not the New 20” by Meg Jay
We have been told that there is plenty of time to figure our future out but Meg explains how that is damaging to the twenty-something generation. The twenties are time to build that career trajectory with professional relationships, growth, and families that will shape the rest of our lives.
 - “Your Body Language Shapes Who You Are” by Amy Cuddy
Research on body language is constantly being done to understand how others perceive us. Amy talks about how we are affected by our own body language on self-confidence and stress levels.
 - “The Puzzle of Motivation” by Dan Pink
The workplace is a delicate balance of rewards and punishment that can shape how we run businesses and act as more effective leaders.
 - “The Birth of a Word” by Deb Roy
Deb followed his son’s language development, giving new insights into how language applies to TV, social media, and news.
 - “Got a Meeting? Take a Walk?” by Nilofer Merchant
We sit for an average 9.3 hours per day instead of being active. Taking a new approach meetings and taking them while walking outside is not only **healthier for our bodies** but our minds as well.
 - “Schools Kill Creativity” by Ken Robinson
Not only his Ken’s talk funny but it really makes the listeners think about the education system differently. The measurement of academic ability and intelligence on top of the lack of encouragement to be creative is a major pitfall.
 - “The Mind Behind Tesla, SpaceX and SolarCity” by Elon Musk
The thought process behind his greatest ventures used new innovation to utilize sustainable energy.
 - “How Great Leaders Inspire Action” by Simon Sinek
Simon gives a talk on how great leaders inspire each other. We can take this example and apply it into our own lives.
 - “Why We Have Too Few Women Leaders” by Sheryl Sandberg
Sheryl has written a few books that deal with **women in leadership positions**. Her goal is to give aspiring female leaders tips to take their career to the next level.
 - “Love, No Matter What” by Andrew Solomon
Andrew discusses our identities despite illnesses or differences that others try to define us by. Andrew says in the talk that those with dwarfism or Downs Syndrome want to be participants in life and not always thought of as someone that needs to be cured or changed.
 - “We Need to Talk About an Injustice” by Bryan Stevenson
Bryan is passionate about equal justice. In his talk he discusses poverty distortion and racial inequalities.
 - “Every Kid Needs a Champion” by Rita Pierson
Rita truly knows how to inspire others. Her examination of relationships and connections in education in how they relate to children needing someone to believe in them.
- What is your favorite TED talk? Tell us and other readers in the comments.
- Photo: nyfa.edu

