



## daily GOOD

Our limitations and success will be based, most often, on our own expectations for ourselves. What the mind dwells upon, the body acts upon. --Denis Waitely

### Aimee Mullins' Twelve Pairs of Legs

A record-breaker at the Paralympic Games in 1996, Aimee Mullins has built a career as a model, actor and activist for women, sports and the next generation of prosthetics. In this video from TED, Mullins talks about her prosthetic legs -- she's got a dozen amazing pairs -- and the superpowers they grant her: speed, beauty, an extra 6 inches of height ... Quite simply, she redefines what the body can be.

### Be The Change:

Reflect on what you might think of as one of your own limitations -- and take a step towards transcending it.