

Adam Wainwright

DISCUSSION QUESTIONS



1. It can be easy to ignore advice, critiques, and constructive criticism that we hear from others about ourselves. It can also be a great tool you can learn from and use to improve yourself

Have you ever been given advice about yourself?

Who gave it to you and how did you respond?

What changed, or what do you hope will change, as a result of listening to this advice?

2. Adam speaks about the talents that we all have been given. What talent(s) do you have? How have you worked to develop them? Do you think any of them are your natural high?

3. Conversely, what talent(s) do you have that you think you need to work on more?

4. What talent(s) would you like to have? What can you start doing now to begin developing them?

5. Natural High focuses on six principles that will lead to thriving youth. One of them is 'belief,' which is the understanding that our abilities and talents can be developed through effort and persistence, which will motivate youth to learn and improve their skills.

Why do you think Natural High has 'belief' as one of their guiding principles?

How does Adam's video highlight this principle? What is important to note about 'belief' and having a growth mindset?



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