

# Chelsie Hightower

## DISCUSSION QUESTIONS



Want to share your natural high with Chelsie Hightower? Tweet her @chelsiehightower with #LiveNaturallyHigh. She might tweet back!

1. When Chelsie competes in dance, especially on television, she talks about being “in the zone.” What does she mean by that? Can you give any examples of a time when you were “in the zone” when on a natural high?

2. Sometimes we don’t win and we don’t come out as “the best” at something. How does Chelsie explain how that can be a good thing for a person? Is it all about winning or being the best? Explain.

3. Chelsie mentions that kids are often bullied for having a passion like she did. Why do you think some kids are picked on for having a special talent or passion? Has this ever happened to you or someone you know?



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