

# Chelsie Hightower

## WORKSHEET QUESTIONS



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

1. How old was Chelsie when she started dancing? How did she become such a terrific dancer? Did she make sacrifices to become a better dancer?
2. What did Chelsie have in her mind when she was offered alcohol at parties? What helped her turn away from these things?
3. What does Chelsie mean by saying that to her, “peer pressure is a no brainer?” How did Chelsie avoid feeling pressured by others? Can you give an example of peer pressure?
4. Define what a “role model” is. Who was Chelsie’s role model growing up? What did she teach Chelsie? How can role models affect who we become as a person? Can role models sometimes have a negative effect? Explain.
5. What is Chelsie’s natural high?



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