

# Dartanyon Crockett

## WORKSHEET QUESTIONS

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Want to share your natural high with Dartanyon? Tweet him @DartanyonC with #LiveNaturallyHigh. He might tweet back!

1. What challenges did Dartanyon face during his childhood?
2. What happened in high school that made Dartanyon say, "I felt like my life started all over again?"
3. Even though Dartanyon Crockett is a professional Judo athlete, what does he say is his natural high?
4. Dartanyon's life path changed because his high school's wrestling coach believed in him. Think of a time when a mentor, teacher, or parent showed that they believed in you. How did this affect you?
5. Based on how he speaks about them, how does Dartanyon feel about his wrestling teammates?
6. Resilience is the ability to overcome obstacles without turning to drugs or alcohol. How does Dartanyon demonstrate resilience?



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