

# Donald Brown

## DISCUSSION QUESTIONS



 Want to share your natural high with Donald Brown? Tweet him @Donaldb31 with #LiveNaturallyHigh. He might tweet back!

1. What does Donald Brown mean by making a commitment to a goal? How is this goal a long-term commitment and not just a one time thought or dream? In what way would the use of drugs or alcohol have affected Donald Brown's goal?

2. What kind of people do you seek as friends in your life? Are there people that could derail your goal or lead you in the wrong direction and away from your goals?

3. What it is like to see a friend lose site of their goals and dreams because of drugs or alcohol? Journal a story or incident that may have changed your life or the life of someone you know because they picked drugs or alcohol over their dreams and values.

VALUE: a belief or moral that you have. (Example: honesty)



FOLLOW US

@NATURALHIGH

@LIVENATURALLYHIGH

/LIVENATURALLYHIGH