

DONALD BROWN

DISCUSSION QUESTIONS



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

1. It's easy to say you want to do something - you need commitment and dedication to see it through. What helps you with keeping a commitment. What derails you?
2. Describe a time you were dedicated to doing something and you succeeded or failed. How did you feel? What happened next as a result?
3. When Donald was thinking about quitting football he decided to stick with it after thinking about who he was playing for. Who do you work hard for? Why?
4. Sometimes we fall victim to peer pressure to look cool or gain the respect of others. Donald says that people knew what he stood for and that helped people respect him. What do you think he means by this and do you stand for something that could help you gain respect?
5. What do you think Donald means by putting on your blinders?
6. Have you ever had a dream come true or a wish fulfilled? What did it feel like?



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