

CHAD CARUSO

DISCUSSION QUESTIONS



Want to share your natural high with Chad Caruso? Tweet him @ChadCaruso with #LiveNaturallyHigh. He might tweet back!

1. How did setting ambitious goals, like performing 50 tricks in 50 states, help Chad Caruso stay focused and motivated during his recovery?
2. How can engaging in positive activities, like skateboarding, help individuals avoid or overcome addiction and other negative influences?
3. In what ways did Chad Caruso's support system (friends, family, community) contribute to his success in overcoming addiction and achieving his goals?
4. How did Chad's perspective on life change as he committed to skateboarding and setting his goals?
5. How did Chad's relationships with friends and family influence his journey to sobriety?



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