

# ADAM WAINWRIGHT

## DISCUSSION QUESTIONS



Want to share your natural high with Adam Wainwright? Tweet him @UncleCharlie50 with #LiveNaturallyHigh. He might tweet back!

1. What does Adam Wainwright say about focus and dedication? How can you show focus and dedication?
2. A growth mindset is the belief that if you work hard at something, you will get better at it, and may eventually be great. A fixed mindset is the belief that talent is something you are born with, and if you aren't good at something now, you'll never be good at it. Growth mindset is shown to help develop character traits like persistence and determination. Do you generally have a fixed or growth mindset?
3. What activities, skills or classes do you tend to have a growth mindset in? How about a fixed mindset?
4. What do you do (or could you do) that helps support a growth mindset?
5. Adam believes that hard work is what turns talent into success. What talents do you want to grow?
6. Adam talks about “distractions” that can get in the way of success. What are some distractions that get in the way of your success? Why? What do you do about it, if anything?
7. Think about your life and the choices you have made in the last six months. What things are you doing right now to move you toward your dreams? Is there anything you should start doing (or stop doing) to help your future self be successful?



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