

ANNA RAWSON

DISCUSSION QUESTIONS



Want to share your natural high with Anna Rawson? Tweet her @TheAnnaRawson with #LiveNaturallyHigh. She might tweet back!

1. Anna enjoys the adrenaline of pressure. Describe a time you performed well under pressure and it helped you to be better. What did it feel like?
2. How would you describe yourself now? Do you agree with Anna that who you are now is not who you will be for the rest of your life? Why or why not?
3. Anna used to worry about being accepted by the popular group of kids. Is this a concern you share? If so, how do you deal with it? What do you need support with, if anything?
4. Hard work is necessary for Anna to continue to do what she loves and it's worth it. What is worth working hard for in your life?



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Natural High is a 501(c)(3) nonprofit organization that relies on the generosity of individuals, corporations and foundations to help youth discover, amplify and pursue their own natural high so they have a reason to say no to an artificial high.

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