

# CHELSEIE HIGHTOWER

## DISCUSSION QUESTIONS



Want to share your natural high with Chelsie Hightower? Tweet her @chelsiehightowr with #LiveNaturallyHigh. She might tweet back!

1. Dancing helps Chelsie express herself. What do you want to express about yourself, and how do you share that expression with others?
2. Chelsie says that making sacrifices helped her to grow as a dancer. Describe a time you've had to make a sacrifice for something important to you.
3. Giving up something in the moment for something in the long-term can be difficult. Talk about a time you've had to delay gratification. Was it hard? Was it worth it? Why or why not?
4. Why do you think Chelsie believes moments of failure are the most important? Do you agree? Why or why not?



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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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