

# DARRIN HENSON

## DISCUSSION QUESTIONS



Want to share your natural high with Darrin Henson? Tweet him @DARRINHENSON with #LiveNaturallyHigh. He might tweet back!

1. Darrin talks about the opportunity to choose the good over the bad. What choices have you had to make that were uncomfortable or hard? What did you choose and why?
2. Darrin thinks of dance as a tool to feel good. What do you think he means by the word, “tool,” and what makes you feel good?
3. Darrin talks about asking people to close their eyes to imagine their lives. What do you imagine for your life? What do you need to focus on to get there?
4. Collaboration with artists is a big part of Darrin’s work. Describe a time you have collaborated successfully?
5. What choices do you have control over and what great things can you call to your life by saying, “yes,” as Darrin suggests?



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