

# JASON HEYWARD

## DISCUSSION QUESTIONS

1. Discuss the importance of community in your own personal development.
2. We play a role in our community and can influence others. What is your role in your community? How about in your family? How does it change, or does it stay the same?
3. Jason's parents were models for him. What models do you look up to that help you understand how to take care of yourself?
4. Jason's parents and friends supported his goals. Who supports you?
5. Jason's friend died and it changed him. Think about a time you have lost someone (to death, a change in friendships, a move, or some other way). How did it change you?
6. Jason notes that everyone makes mistakes, but it's how you decide to move forward which is going to mold your character. Describe a time you made a mistake and how you dealt with it. How did it mold your character?



FOLLOW US

@NATURALHIGH

@LIVENATURALLYHIGH

/LIVENATURALLYHIGH

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.

**NaturalHigh.org | #LiveNaturallyHigh**