

# KYLE DAKE

## DISCUSSION QUESTIONS



Want to share your natural high with Kyle Dake? Tweet him @kyledake444 with #LiveNaturallyHigh. He might tweet back!

1. Kyle says that wrestling was his path because his father and grandfather were wrestlers and wrestling coaches. Is there someone in your life that has helped you carve out what you believe is your path? Who? Do you see a path for yourself? What is it or what are aspects of it you'd like to fulfill.
2. Kyle talks about the encouragement of his parents which helped him develop as an athlete and also as a person. Is there someone in your life that encourages you and has contributed to your development? Who? How?
3. Focus is important to Kyle academically and in wrestling. What is easy for you to focus on? What is hard? What helps you focus?
4. Kyle says that there are ways to have fun and open up without alcohol. You just need a little confidence. What are some ideas that could help increase a person's confidence in social situations? Consider trying a strategy someone else might suggest.
5. Wrestling is something that Kyle looks forward to every day. Do you have something (or a few things) that you look forward to every day or every week? What? Why?
6. You don't have to find your absolute passion in life right now. It's important to try new things and explore. Kyle tried instruments, singing, and other sports. What have you tried and enjoyed? Is there something in particular you wish you had focused on or would like to try to focus on? Is there something else you'd still like to try?



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