

MARK CAPICOTTO

DISCUSSION QUESTIONS



Want to share your natural high with Mark Capicotto? Tweet him @markygk with #LiveNaturallyHigh. He might tweet back!

1. Mark, Michelle, and Kyle all talk about how they love working together and that it doesn't feel like work to them. Do you ever have school work or another type of work or practice that is so engaging it doesn't feel like work some of the time? Talk about what makes it that engaging?
2. Mark works with his sister and friend. Do you have friends or family that you work well with or that help you focus? If so, talk about what makes the relationship a supportive one.
3. Mark talks about the importance of focus. Do you find it hard to focus? What distracts you? What helps you focus?
4. Is it important to you to hang around people who share your goals, morals and values? Why or why not?
5. What are some of your goals?
6. What are some of your morals and values?



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