

# MATT HOOPES AND MATT THIESSEN

## DISCUSSION QUESTIONS



Want to share your natural high with Matt Hoopes and Matt Thiessen? Tweet them @RelientK with #LiveNaturallyHigh. They might tweet back!

1. Pride plays a role in developing confidence. What are you proud of?
2. Surrounding yourself with people that help “keep a positive outlook in life” has helped Matt H. and Matt T. What kind of outlook is important to you? Who do you surround yourself with? Do you feel the people you surround yourself with help you keep the kind of outlook in life that is important to you?
3. What do you think being confident in who you are means?
4. What does Matt T. mean by not “needing validation”? Do you ever feel that you do need validation? When? Why or why not?
5. Matt H. says that what you do now affects your future. What choices have you made that you have been able to see an effect from already?



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