

RESEARCH YOUR NATURAL HIGH

ACTIVITY

Time Needed

40–60 minutes

Materials

Device to view Natural High Videos

Note-taking supplies

Action plan prompts (below)

Activity Description

A natural high is any activity you love to do that makes you feel good and does not involve drugs or alcohol. You don't have to be an Olympic champion or a professional musician to engage in an activity meaningfully. Finding your natural high can be as simple as thinking about what you enjoy and making an effort to spend some time doing it. This activity is designed to get you thinking about what you already enjoy or would like to try. Even if it doesn't become your true passion, the exploration will allow you the opportunity to learn more about yourself, hopefully while having a good time.

Suggested Steps

1. Watch Jon Sundt's video and think about why he started Natural High. Choose one or two other Natural High videos that interest you.
2. In the videos you watched, what makes a natural high a natural high?
3. What do you consider your natural high? If you don't have one, what might be one you'd like to try?
4. If you already have a natural high (and if you don't, skip to the next question), respond to the following:
 - 4a. How often are you engaging in your natural high?
 - 4b. What is a way you can get more involved?
 - 4c. What is a way you can take it to the next level (with regard to achievement, commitment, and/or sharing it)?
 - 4d. What will you do (action) to get more involved and when (date and time)?
5. If you don't yet have a natural high, respond to the following:
 - 5a. List three activities you enjoy.
 - 5b. List three activities you would like to try for the first time.
 - 5c. Of the activities you listed in 5a and 5b, what is one that you can commit more time and energy toward?



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5d. Decide on a day and time to take your first step toward commitment. What is that day and time and what is your action item to get more involved?



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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](https://www.naturalhigh.org) | [#LiveNaturallyHigh](https://www.instagram.com/naturalhigh)