

# KAI LENNY

## DISCUSSION QUESTIONS



Want to share your natural high with Kai Lenny? Tweet him @kai\_Lenny #LiveNaturallyHigh. He might tweet back!

1. What are the activities that give you joy?
2. What does it feel like when you do these activities, or how would you describe the feeling to someone else?
3. Peer pressure is real. To what degree might you be tempted to find acceptance in your peer's opinions of you rather than stay true to a healthy lifestyle?
4. What are some possible reasons you would give for why you would say no to friends asking you to experiment with drugs and alcohol?
  - a. Try to think of at least three.
  - b. How do you think your friends would respond to your reasons for saying no?



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