

# YOUR PERSONAL HERO

## ACTIVITY



Want to share your natural high with us? Tweet us @NaturalHigh with #LiveNaturallyHigh. We might tweet back!

### Time Needed

30-90 minutes

### Materials

Note-taking supplies

Design supplies (tablets, computers, poster board, markers, etc.)

### Activity Description

When you find healthy role models to look up to, you will have more confidence to make healthy choices. In this activity, you will have the opportunity to create a future reality where you are your own personal hero and a role model for others.

### Suggested Steps

1. Using a poster board or computer program, create a visual representation of your future self as your own personal hero. Imagine who you would be if you pursued your natural high for the next twenty years.
2. Include the following elements:
  - a. What will you be doing professionally?
  - b. What will your family be like?
  - c. What will you be known for (three adjectives)?
  - d. Create an illustration of yourself engaging in your natural high.
3. Share your presentation with your peers.



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