

# CARISSA MOORE

## DISCUSSION QUESTIONS



Want to share your natural high with Carissa Moore? Tweet her @rissmoore10 #LiveNaturallyHigh. She might tweet back!

1. What are the big, bold dreams you have for your life?
2. Who are the people you look up to that you consider successful and full of life and joy?
3. What would you do differently if you took your dreams seriously?
4. What's a habit you have now that might not help you in the pursuit of your dreams?
5. What would you be willing to change or do differently to achieve your dreams?
6. Carissa is exposed to alcohol yet she chooses her natural high as a way to say "no" – do you have a plan to say "no"?



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