DISCUSSION QUESTIONS

Want to share your natural high with Kelly Slater? Tweet him @kellyslater with #LiveNaturallyHigh. He might tweet back!

1. Why doesn't Kelly drink alcohol or use drugs?
2. What does Kelly mean by "There is no upside in alcohol"?
3. Kelly says that his mother was a strong influence in his life. Who is a strong influence in your life? Why?
4. Kelly talks about making an impact. What does making an impact mean to you?
5. Kelly is exposed to alcohol yet he chooses his natural high as a way to say “no” – do you have a plan to say “no”?
6. How do you want to make an impact some day?
7. Kelly says you should “put your energy into what you love.” What do you love to do? What do you think you might enjoy?