BRIAN “HEAD” WELCH

DISCUSSION QUESTIONS

Want to share your natural high with us? Tweet us @naturalhigh with #LiveNaturallyHigh.

1. **What interests you?**

   Brian’s natural high is rock n’ roll. From a young age he found joy playing the guitar. He said, “when I found the guitar, it was a natural way to find out what I was made for and find purpose.” Little did Brian know, his natural high turned into a career. What are 3 skills that interest you that you’d like to learn?

2. **Small decisions add up.**

   Brian said, “I was the guy that knew for a fact that I wasn't gonna go dark like those massive drug addicts.” He believed he had “the formula”: drink slowly, never get a DUI, always come home on time. How do the small decisions we make in life play into who we become?

3. **Dealing with peer pressure.**

   Brian leaves us with a final thought: “you don’t have to get peer pressured into being someone you’re not”. Discovering who you are and what you love to do helps you to face peer pressure. Reflect on a moment where you felt pressured to be someone you are not. How did you handle it, and do you want to handle it differently in the future?