

QUEEN HARRISON

DISCUSSION QUESTIONS



Want to share your natural high with Queen Harrison? Tweet her @goQueengo with #LiveNaturallyHigh. She might tweet back!

1. How can having goals help you to push through day-to-day problems?
2. What is a goal you have that you would like to complete by the time you are 18? If you don't have one, can you think of one?
3. What have you done to work toward your goal? What can you do to work toward it, to help you stay focused?
4. Writing down your goals helps you to use them as a guidepost for your actions. Where can you keep your goals written where you can remind yourself of them?
5. Queen talks about masking pain with drugs. What do you think this means? Do you ever mask your pain? How? What are other ways to handle pain?
6. Queen suggests that success is "a direct reflection of who you surround yourself with." Who do you surround yourself with? Do they reflect your success? How?
7. She adds, "Put your blinders on to those negative people and don't allow them into your circle." Do you have to use blinders? Why or why not?



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