

# MÝA HARRISON

## DISCUSSION QUESTIONS



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

1. Mýa said that sometimes you need to find people to help you make healthy decisions. Why do you think it's important to surround yourself with people who encourage healthy choices?
2. Think about a time you needed to find people to help you with decisions. At the time, did you know you needed help? How did it turn out?
3. According to Mýa, it can be hard to please everyone. Do you find yourself doing things to please others? How does it change your perspective versus doing something for yourself? Are there times when it's appropriate to try to please others? Explain.
4. Engaging in her natural high, Mýa says, is like a forum in which she can explore and be herself. What does she mean by this?
5. Using a diary or conversation to process your feelings can be very helpful. Have you tried either or both of these options? Was it helpful? Explain?
6. Consider journaling or talking with someone about a challenge or problem you're dealing with today. See how it feels.



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