

Bethany Hamilton

DISCUSSION QUESTIONS



Want to share your natural high with Bethany Hamilton? Tweet her @bethanyhamilton with #LiveNaturallyHigh. She might tweet back!

1. According to Bethany, what happens to people who start using “weed”?
2. Also, what usually happens when they get bored with weed?
3. Bethany lost her arm to a shark attack, which changed her life forever. She discusses how everyone has problems including school, family and other issues. Describe Bethany’s motivation to continue with her life and her natural highs despite her hardship.
4. How can you use your natural highs to help you push forward and shoot for your goals in life?
5. Bethany was featured in a movie called Soul Surfer. For those who saw the film, what struggles did Bethany face in her fight to overcome her disability?



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