

The Autobiography of Somebody Really Good

- A What's that?
- B A little story I'm writing.
- A What's the title?
- B The Autobiography of Somebody Really Good ... and Special.
- A That's funny!
- B Thanks.
- A You're welcome. Who's your story about?
- B C'mon, think about it. It's an autobiography. It's about me.
- A Your autobiography?
- B Yeah!
- A But you're a kid! You're just a kid like I am!
- B So what?
- A You haven't been running around on this planet long enough to write an autobiography.
- B Doesn't matter. My mom and dad say we have to change the way we speak to ourselves. We have to change the stories we believe about ourselves too.
- A What the heck does that mean?
- B It means too many people listen to the negative things people say to them all day long.

- A Put-downs, you mean? Like insults?
- B Sure, but not just that. People telling you all the stuff you can't do. What's not possible. You can't do this. You can't do that.
- A I know what you mean. That kind of stuff is ...
- B Right. It gets in people's heads after a while. And then slowly, people start to actually believe all those awful, negative stories they've been hearing.
- A So that's why your mom and dad say you have to change the stories you believe about yourself?
- B Like changing the channel on the TV.
- A Okay, I get it ... but ...
- B Careful. Nothing negative now.
- A Yeah, I get it. But ... okay ... how do I say this nicely ... you're so young!
- B Well, my autobiography doesn't have to be a whole book. Not yet. For now, it's just going to be a story. A nice, positive story.
- A But you're not even in high school!
- B A nice, positive, *short* story.