

DIARY

(Your character is writing in a diary.)

Dear Diary. Today was the worst day of my whole life. Everyone was mean to me. At recess, I stepped in a puddle in my brand new sneakers. When I got home, I saw that my goldfish had died. And then my brother stole my allowance. It was so bad that if I could go back and change everything, I'd . . .

(Stop. Think a moment. Start to smile. Now, as you re-read your diary entry out loud, you'll be crossing out the bad things you've just written and writing in good things in their place.)

Dear Diary. Today was the . . .

(Cross out "worst" and write in a new word.)

. . . best day of my whole life. Everyone was . . .

(Cross out the old "bad" thing and write in the new good one.)

. . . really, really nice to me, because they like me so much. At recess, I stepped in a puddle . . .

(Cross out the old "bad" thing. Think a moment, then write.)

. . . of diamonds.

(Think another moment, then write again.)

. . . And rubies. In my brand new sneakers. Which everyone said were the best sneakers ever. When I got home, I saw that my goldfish had died . . .

(Write.)

. . . after being abducted by aliens. And then my brother stole my allowance. But he got caught by Mom and Dad, and they told him that they were ashamed of him and that he is the worst brother in the world. And then they sent him to his room and told him not to come out until he is as smart, good-looking, fun and likeable as me . . . The . . . end.