Chris Miller Student Number:

Writer’s Workshop Personal Narrative

**NARRATIVE ASSESSMENT**

**WRITING PROMPT: Eleanor Roosevelt once said, "You must do the thing you think you can not do." Write a narrative about a time when you did something you thought you could not do. Be sure to include specific details so that a reader can follow your story.**

Being a fat kid isn’t easy. Don’t get me wrong… I wasn’t huge, but rather I was a chubby kid who just ate more than he should have. Even though I was chubby, I was super athletic and one of the fastest kids in my class, but being 25 pounds over weight wasn’t healthy and my mom was scared every time I went to the doctor for a physical. I had just turned 12, and I was a regular in the husky division of the boys clothing section at Sears and my mother and I were shopping for a new pair of corduroys. Hating to have to shop in that limited selection of “cool” clothes, I turned to my mother and said, “Mom, I’m going to go on a diet.” I had just read in class that Eleanor Roosevelt said you “gotta” do the stuff you think you can’t. I sure didn’t know if I could be on a diet. I had seen my mom on a diet, and she was always drinking diet soda, but I thought to myself maybe this was something I could do. Maybe I could lose weight if I put my mind to it.

The next day I got up to eat breakfast and I grabbed a box of Honeycomb cereal and a serving dish, which was what I was accustomed to. Just then my mom walked into our 1920’s style kitchen with sky blue tile and smiled at me. Her presence reminded me that I was going to try and lose weight and she had talked to me about how to make good food choices. She asked me if I wanted some eggs and toast and then began to make them for me. I put away the cereal and big bowl and helped my mom whisk the eggs with just a dash of milk to help make them fluffier, and after I ate I was good for a whole day of play outside with my sisters

Later that day, I walked again in to the kitchen a sweaty muddy mess of a kid. I grabbed the peanut butter and was going to make two colossal peanut butter and jelly sandwiches… maybe even double-deckers. We had recently discovered the double-decker not too long ago. My sister, Joyce, asked if I wanted a tuna salad sandwich. I loved tuna, but three sandwiches was maybe over doing it I thought. After all I was on a diet. She said, “No, silly. One sandwich and maybe some cottage cheese and fruit.” It didn’t sound like it was going to be enough, but she promised to make the tuna salad with pickle relish and to cut up the fresh cantaloupe that had been begging to be served up. The funny thing was that after I ate lunch, I was full.

Now all of this sounds like I was doing a pretty good job with my diet, but only because others stepped in to help make a more nutritious meal. The coup de grace was when my dad came home and announced that we were going to Marie Calendars for dinner. This was just about one of my favorite places to eat. I loved their cornbread and fettuccine alfredo with chicken. I said to myself, “This is going to hurt.” I made the decision to eat the cornbread but no delicious honey butter and I ordered chicken breast for dinner. I even said no to ice cream afterwards, which wasn’t as tragic as all that. My mother was proud of me taking charge in making good food choices, and my dad was probably happy that I saved him a buck.

I don’t remember how long I stayed on this diet, but I know that on this day I did something I did not think I could do. When you’re a kid, being fat isn’t easy and everybody seemingly stands next to you ready to remind you that you are fat. People helped me understand food and nutrition, but I also started making better food choices too. That quote from Roosevelt was, “You must do the thing you think you can not do.” I didn’t think I could do it, but I tried. I know at dinner that at Marie Calendars I really tried and I succeeded. I beat that desire for ice cream down. I tried to really think about why we should do something we think we can’t do, and I think her reasoning is to constantly be challenging your self to be better. It is important to not set limitations on yourself, because if you do then you kind of stop growing. We always put limitations on what we think we can and can not do. When we step out of that cage, there is a great liberation. A new-found freedom becomes apart of who we are, and we feel more empowered to take on the next challenge life throws at us.