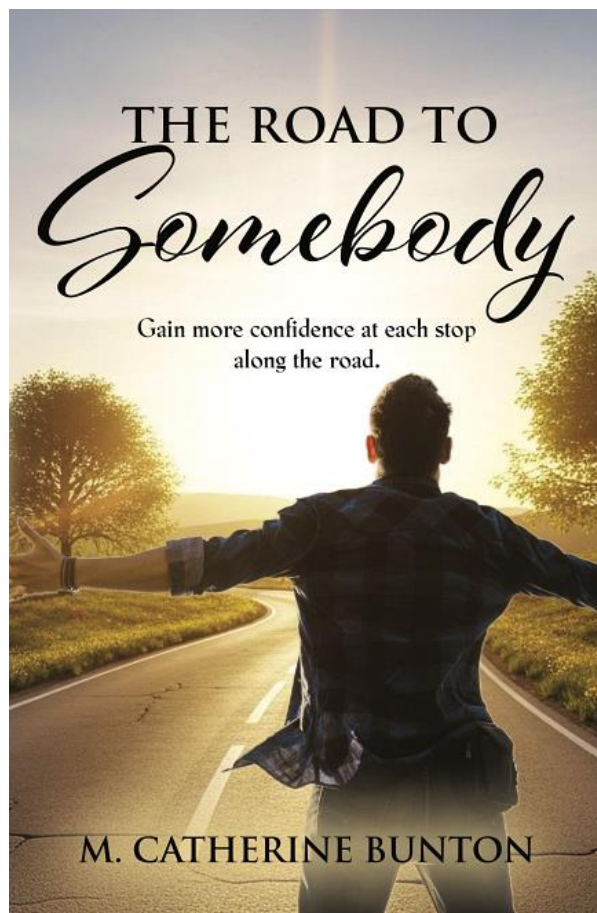




The Road To Somebody provides a method to build self-esteem. The method is revealed in the Be Attitudes that offer concrete ways to gain the inspiration necessary to become the "New You".

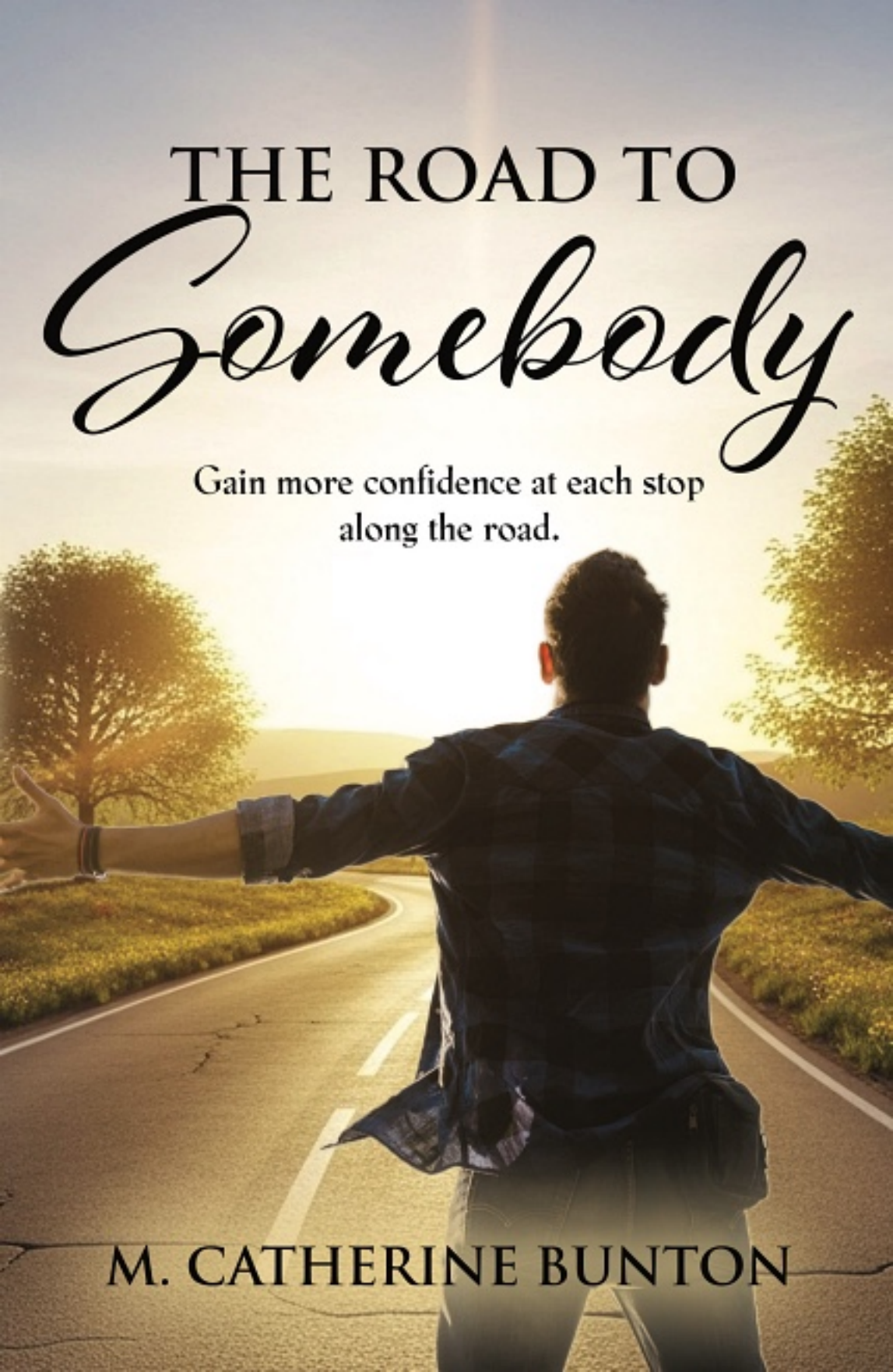
The Road To Somebody

By M. Catherine Bunton

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or online bookstore.**

A person is seen from behind, standing on a paved road that curves into the distance. Their arms are outstretched horizontally to the sides. They are wearing a dark, long-sleeved button-down shirt and jeans. The scene is bathed in the warm, golden light of a sunset or sunrise, with the sun low on the horizon. Trees and grassy fields line the road, and the overall atmosphere is one of freedom and optimism.

THE ROAD TO *Somebody*

Gain more confidence at each stop
along the road.

M. CATHERINE BUNTON

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Part I

Entering The Space of Self Assurance

My Promise

I promise to love you till your gym bag falls apart. How many handbooks start with that? Well I wanted to get your attention, and let you know right from the start that your wellbeing is front and center in my heart.

After years of teaching, my concern is that there is a lack of worthwhile advice to help you stay motivated. It is not scholarly advice that's lacking; there's a lot of that. The advice I refer to comes from observing trainees and students when they seemed confused or adrift and needed a few words of encouragement. I hope these words help you better navigate the exciting seas of becoming someone new.

This Handbook offers benefits that are more than just schedules of courses with building names and room numbers. That's the formal, academic stuff that a lot of Handbooks contain. Besides that formality, if you are faced with an instructor who is a cold fish, these suggestions can help you gain a bucket load of confidence to break the iceberg that may be freezing up between you.

Over time, your first encounters with friendly folks can help with this. They are usually social get-togethers that break the ice and give you a chance to meet new people. They also let you sort of steer away from any

looming iceberg of isolation. Once you make a few friends everything is much smoother sailing.

But you know, there's rough seas everywhere, so you may find ice breakers are necessary even after your high school, college or adult education. Take your first job for instance, or your first relationship, or the introduction to your prospective in-laws, all these occasions could use a few ice cubes to melt in order to make things go easier.

Breaking the ice in any relationship can be tricky, but one of the worst can be breaking the ice with the relationship you've settled into with your own mind set. You may have mistakenly put a lock on it, and it's a real stickler that you can't change easily.

The thing is, you are going to be facing changes for the rest of your life, so why not embrace change and find ways to make it, wait for it, *promising*. Acceptance of change sets you free from the weight of always having to resist, or be the smartest, or be right about everything.

MELTING THE ATTITUDE ICEBERG

A short story I enjoyed teaching entitled, *Everyday Use*, by Alice Walker, helped me overcome my own stuck-in-a-rut iceberg. The message in the title said to

me, “Don’t treat your ‘stuff’ like precious cargo.” Use it! So, I took my good dishes and set them out for everyday use.

They make dinner special and I’m sorry I didn’t break the ice sooner, so I could have rid myself of the pointless tradition of “saving up.” The dishes that sat too long on my shelf, and the iceberg of not accepting change, are examples of routines that need breaking, or maybe rethinking to keep them manageable and in perspective.

The iceberg example lets you see clearly that any iceberg can be dealt with by chipping into your attitude to see what might need to change. Taking your attitude out of cold storage and letting it drift into the light of possibility can help you meet life’s challenges with more self-confidence. Remember: All Icebergs Melt!

Your attitude in life toward change can make or break you. Be Attitude rich by being attitude nimble. Let your attitude ebb and flow with the rhythms of the universe. Grow your peace of mind by keeping your attitude above petty details, and by understanding what might cause others to have a sour attitude. Learning to be Attitude Agile is a worthwhile goal.

BOARDING THE STARSHIP OPPORTUNITY.

To let yourself be open to change, you need your own space. Virginia Woolf captures the idea, “A woman must have money and a room of her own if she is to write fiction.” But it’s not just about writing. The need for solitude is necessary for lots of things: video games, reading, creation of any kind. They all require a space where you can concentrate.

Jump inside this Handbook to leave the space of your old ideas and enter the space in your mind where perhaps you’ve never been. You can literally “space out” with new thoughts that help you change in good ways. Reading the Be Attitudes will take you to new regions of your mind, so fasten your seat belt.

You are the builder of your own ambitions. You can customize the flight pattern that you want your life to take. That freedom to create your personal flight path in life means there’s good reason to work on your attitude. You have a thrilling future ahead of you as you begin to soar through the universe of new concepts, new careers, and new frontiers.

Approach them with an open mind, a happy heart, and an attitude muscle that has been so toned and sculpted that you are ready to fly, because you are Attitude Agile.

You may not refer to these motivational Be Attitudes as often as you use a Google search bar, but some may be so enriching that they stick with you. Come aboard and make them part of your flight log. They may show you how powerfully your ideas can influence the world. Let this ride on the Starship *Opportunity* expand your life's journey.

This Handbook, along with an upbeat attitude, will add new perspectives to your ideas as you take your seat on the Starship. I know that your ideas will have a positive influence, and I am excited for you as you put them in play.

The concepts in these pages can be your motivational launching pad to discover how to pursue them. Fly high in this Starship with the courage of your convictions. You will be glad you did, and your landing will be a big success. *I promise!*

The Ten Be Attitudes of Your Academic Life

1. Be Ware
2. Be Organized
3. Be Aspiring
4. Be Positive
5. Be Inquisitive
6. Be True
7. Be On The Lookout
8. Be Dazzled
9. Be Gin, Again and Again
10. Be Come

**Believe In Yourself
And You'll Always "Be Good"**

Why Be Attitudes?

Instruction manuals guide you through certain tasks, the Be Attitudes are guides also. But they are not a one-time shot. They are broad and affirming guidelines that are useful for a lifetime, and especially useful if your heart is in it. Since life-long learning keeps us abreast of the latest changes, everyone is a learner of something at some time.

The Be Attitudes follow the pattern of a learner's entry into new and higher levels of thought. It's like having a flight pattern with a trajectory that steadily goes up to greater heights of fulfillment.

Life-long learning is what we strive for. Your school days may occur when you are young, but not everyone is that lucky. Yet it's never too late to find ways to excel and to make solid friends. It can feel so rewarding, like you are floating in a bubble of expectation and optimism.

Now is the Time To Act

TO: Be Ware, for your human power is mighty so exercise it fairly

TO: Be Organized so you can use that power to your advantage

TO: Be Aspiring; aim for greatness

TO: Be Positive; think optimistically to stay on the right flight path

TO: Be Inquisitive to learn the ropes

TO: Be True to your convictions to feel like "Somebody"

TO: Be On The Lookout, respectful of those who rode the ship before you

TO: Be Dazzled by your accomplishments

TO: Be Gin Again and Again, growing and learning and re-making yourself everyday

TO: Be Come all that you strive to be

Applying the Be Attitudes will help you Believe In Yourself and live for

Goodness Sake!

Ticket to Ride

Say you are at the foul line ready to take your only shot to sink a basket that could win the game, or to nail a back flip on the balance beam that will bring a medal, or perform flawlessly on the piano at Carnegie Hall, or race your own horse in the Kentucky Derby. Metaphorically speaking, you need to stick your landing for every personal competition you enter.

And one of the most important events of your life is the Tug of War. This is the event where you tug and pull and sweat a few bullets, but you persevere, and you prevail. You meet the rigorous challenges of learning and books, lectures and hands on tests. This dedication keeps it real and offers you a once in a lifetime chance to be personally successful and to obtain your certificate or degree.

But make no mistake; never underestimate this challenge. It's like a prism with many sides to consider. Any new commitment to change is like being shot out of a cannon, like bursting from darkness into the rare air of enlightenment. It is the highest flight you will ever be on. You will fly on the arc of achievement. Strive to stay at the top of the arc.

Training and academia shoot you into the air and you are supposed to land on your feet with a credential in your pocket. No big deal, right? Just early get-ups, time commitments, perseverance, research and Lord knows what else. Maybe even more months or years of applying yourself.

But hey, who's counting? Simple answer. You are, because this journey offers a very important ticket with options that can put you into the next leg of your journey. This new place is where you become qualified. It's where you receive your instructions that are invaluable to you for lots of reasons.



Think of the importance. In fact, it has a kind of super-importance. It gets you in more doors than a Social Security Card, it's more powerful than an ID, it takes you much farther than a license, weighs less than a car key, is a lifetime warranty on your talent, and gives security and satisfaction. Eureka!

I'm beginning this guide book by addressing the pot of gold at the end of your new and improved rainbow, the gold in them thar hills, the crown at the coronation. The trite little saying that the tassel is worth the hassle, is really true! The word "credentialed" can be just a run-of-the-mill word until it's actually realized, then it becomes so much more. When attained, the hard won certificate is everything you need to take it up a notch.

And of course you will continue to strive because to reach up to that next notch, a permit to fly up is essential. Opening your mind to the ideas in this motivational manual gives you that permit. By seriously considering these ideas you are giving yourself permission to fly into new places in the heart of your desires.

This is your ticket to ride on the Starship *Opportunity* where new interests, job prospects, career paths and higher educational goals are stars in your universe. They are just waiting for you to lasso them and make them your own. So ride high, as high as you can. The higher you ride, the more stars you will discover.

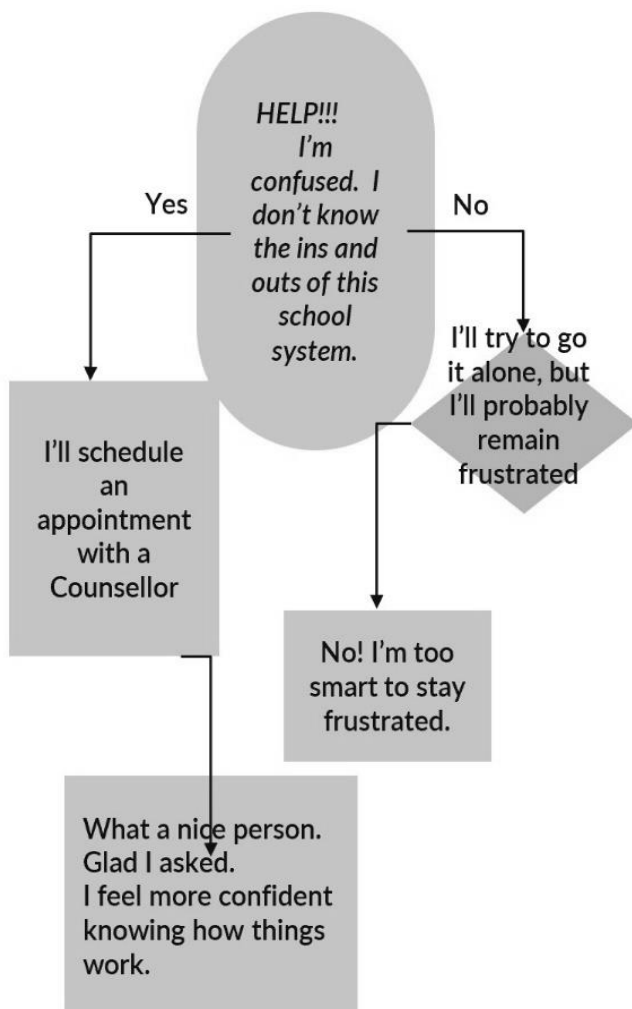
TICKET STUB SOUVENIRS

You know that most tickets have a stub. The stub can be saved to commemorate the event the ticket was used for. You may save it in an album that holds your precious memories or tack it on the wall. Put it in your locker, your car visor or have it printed on a cool t-shirt.

Ticket stubs are fragments of memories that you hang on to and don't throw away. You look at the stub and the memory pops right back. Your ticket to ride the *Starship Opportunity* could be one of the most important tickets you will ever receive. Save its stub and refer to it when you need to connect to places in yourself that make you feel happy and hopeful.

The stub for each Be Attitude is attached for you to write your comments, and to have a receipt of the thoughts you have about it. It's not a bad idea to keep your receipts and date them. In the future, if you want to exchange any of your out-of-date ideas, you have proof they once belonged to you.

Doesn't Every Hand Book Have a Template?
How about this Template:
"You Can't Get Ready Till You Get Set."



Be attitude Number One Be Ware

You Have Extraordinary Power

As a member of the human race, I hope you heed this warning that comes to you from Earth and space. Your species inhabits this marvelous planet and travels to far off destinations in our solar system. You dominate the Earth, and you explore the Sky.

The fact that you are one among this human species means that you have extreme potential. There seems to be no limit to human potential as mankind discovers new abilities every day. We know there is much to come because humanity has a genius capacity to produce great things.

Men and women are responsible for curing multiple diseases.

Men and women have made progress in every discipline since antiquity.

Each member of the human race, including you, has the supreme power to create.



Humanity includes talented individuals who live and thrive in societies with governments and laws, buildings and homes, books and libraries, industries and trade unions, schools and universities, metropolises, suburbs, towns, ranches and farms, businesses, churches and cathedrals, gymnasiums and theaters, hotels and restaurants, song and dance, and ideas, lots and lots of ideas.

You must be somewhat stunned to think that you are part of this creative machine. You must be in awe to think that you are part of this human generator of exceptional ideas, ability, and skill.

You must be flabbergasted to know that you have the app to turn on all these human abilities right inside you. Yes, of course it's your brain. It's already installed, and it's your willingness to learn that activates it, instructing your brain to think.

The best thing is you don't have to do anything spectacular to trigger it. All you have to do is think. Thinking is the mysterious generator at the core of your app. It creates thoughts. There's no doubt that you create thoughts, and a lot of them. Your ability to create great thoughts, strategies, innovations, and plans is switched on and ready.

Oh, how remarkable it is to be human. And they say there's a chance that humans just might be extra-terrestrial too. Whether humanity rose from the Earth or came from the ocean or the sky, human talent is simply incredible.

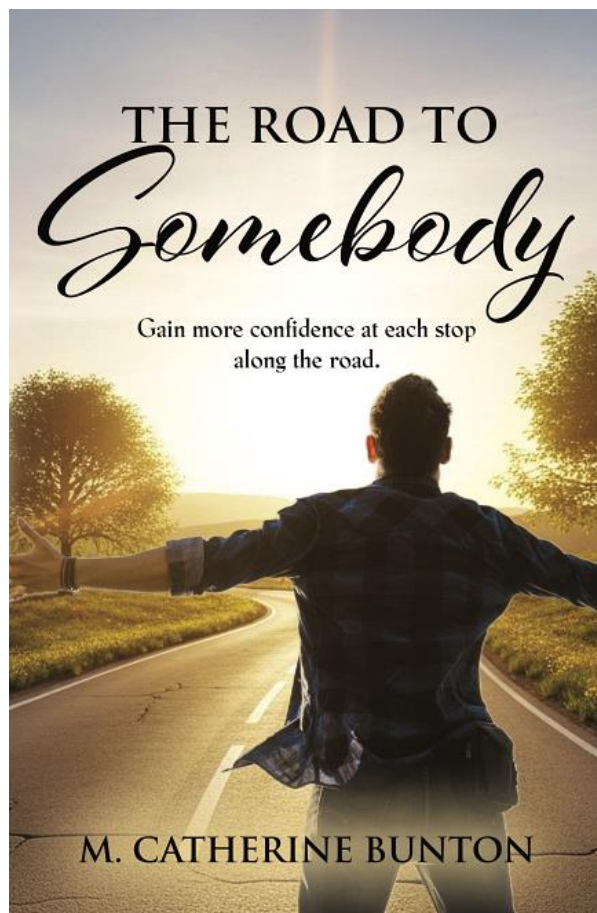
It's so worthwhile for me to keep telling you over and over how much I believe in you, in just how incredible you are. I have absolutely no doubt you will use your app, your human intelligence, to your advantage and to the benefit of the world at large.

I know you will put this super power you have as a human being to very good use throughout your life. Go ahead and grab a window seat on the Starship *Opportunity*. Look down at all that your blood line has created. It's awesome. Then sit back in wonderment and think about what you will do with this prize you have called humanity.

Save A Note On Your Ticket Stub

I will use my power to improve myself

[illegible]



The Road To Somebody provides a method to build self-esteem. The method is revealed in the Be Attitudes that offer concrete ways to gain the inspiration necessary to become the "New You".

The Road To Somebody

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