

Hi. I'm **Hari Kumar** and I'm ten years old.

If you're reading this journal, it means one of three things: > .



1. You're Future Hari, looking back over the time we began our rise to greatness.

2. You're my parents (or my little sister). In which case . . . **WHAT ARE YOU DOING SNEAKING AROUND MY STUFF?**



3. My grand plan has worked, and I'm

**FAMOUS,**

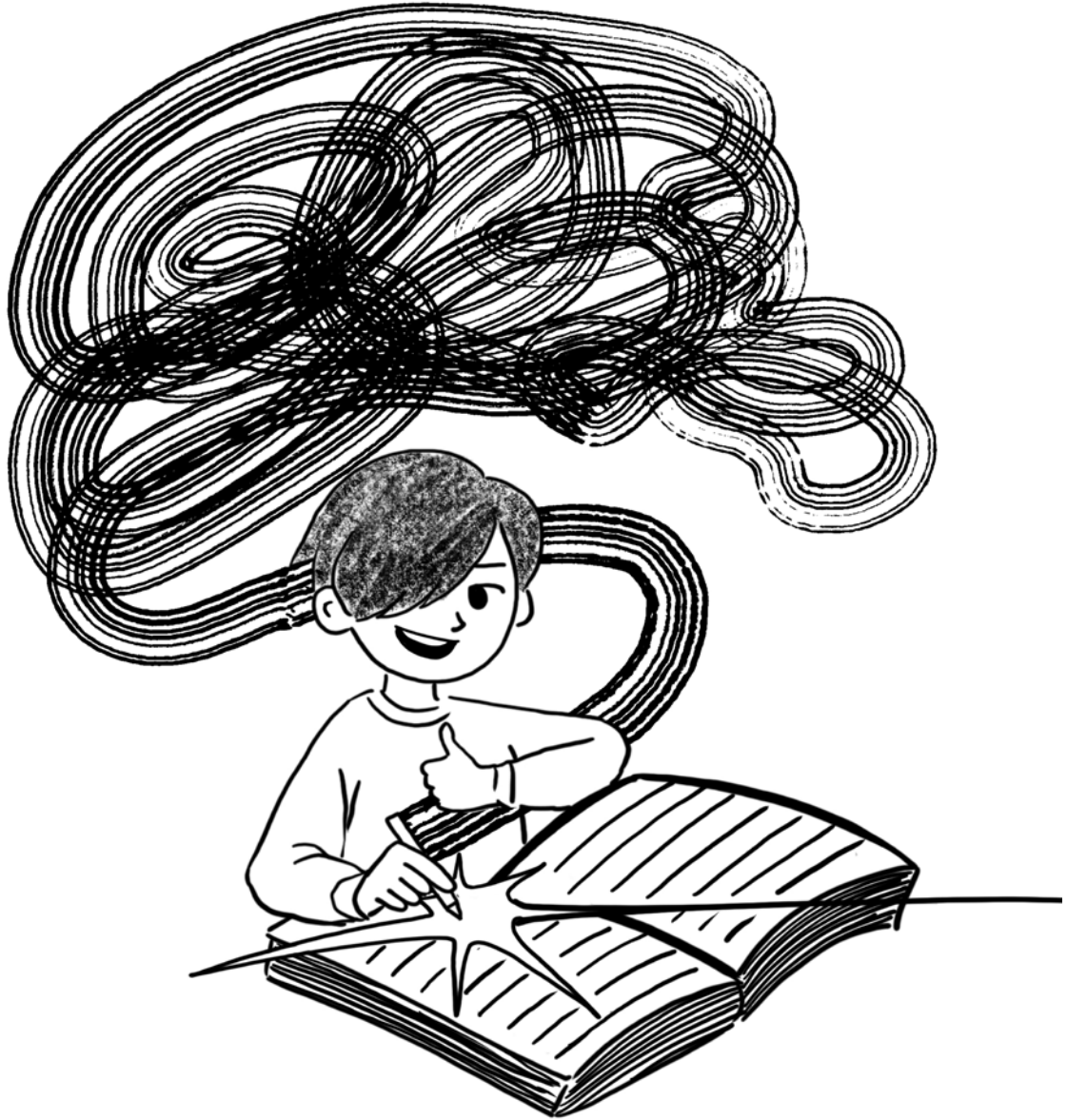
and everyone wants to read about me. In which case . . . *hello there, fans!* Get comfortable. It's about to get **real**.



And no judging the whole *journal* thing, ok?  
The biggest brains in history kept journals. Take  
these ultimate dudes right here:

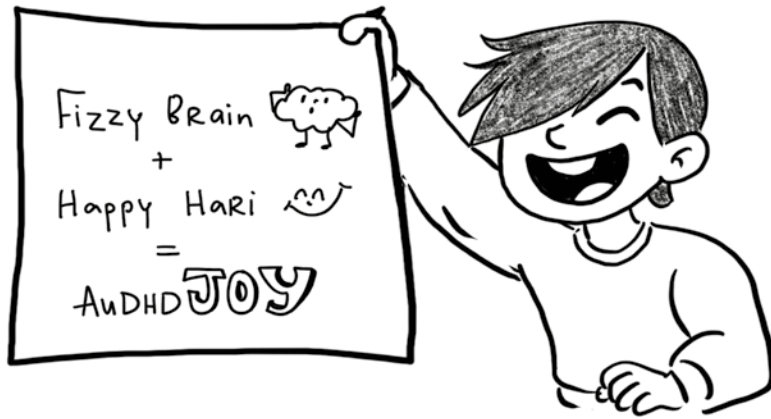
- Leonardo da Vinci
- Frida Kahlo
- Albert Einstein
- Marie Curie
- Nelson Mandela
- Greg Heffley, AKA Wimpy Kid

Besides, Mr Gill, the  
learning support  
teacher at school,  
says journalling will  
help me 'process my  
thoughts and feelings'  
and 'channel my  
energy'. You've got to  
admit, it's a pretty cool  
image.





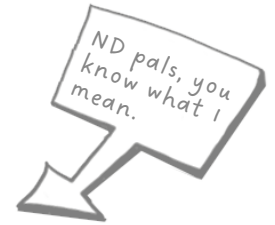
You see, I'm autistic and I've got ADHD, which stands for Attention Deficit Hyperactivity Disorder - a genuinely RUBBISH name to describe how my brilliant brain works (usually *at a zillion miles per hour*). It means I'm full of ideas and energy and feelings and I've got lots to say. But with the type of ADHD I have, it also means I can get distracted and daydream and forget stuff.



**NOTE:** Fist bump to my fellow autistic/ADHD and other neurodivergent (ND) fans who are reading this. Hope you don't mind me explaining a few things for the neurotypicals (the non-neurodivergents) as we go along. Just so we're all on the same page, you know?



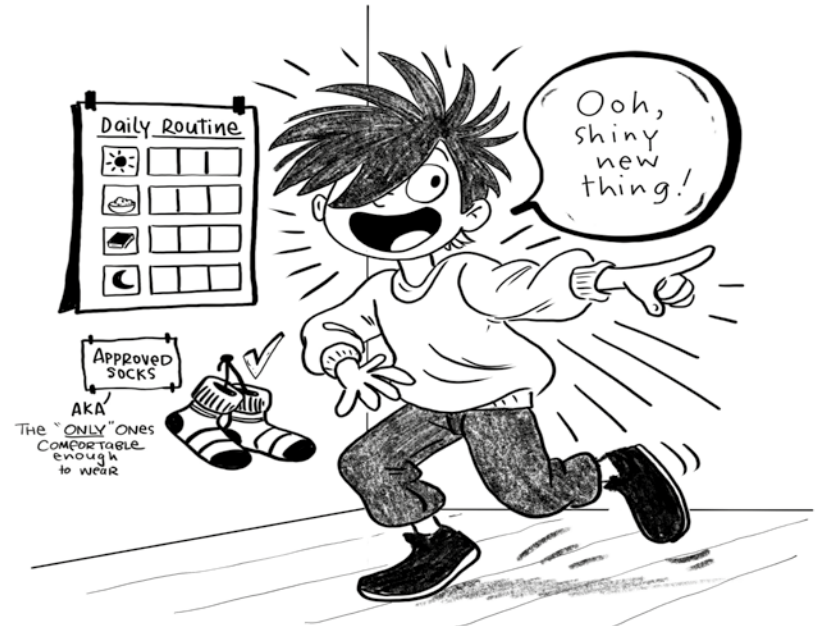
Like being autistic, having ADHD is what makes me ME. And I **LOVE** being me.



BUT . . . sometimes, the world is a bit too intense. Sometimes, it gets too noisy up in my own head. Or in the outside world.

**CRUNCH CRUNCH. GREEEEEEEEK. TAP, TAP, TAP. SLUUURP.**

And sometimes, the autistic part and the ADHD part pull me in different directions, too - like the part of me that needs routines and for things to be exactly the same and the part of me that gets excited about shiny new things.





And because everyone's different, it's not like there's a manual out there on how to handle life and humans. Or how to handle all the chaos in my brain. But, I figured Mr Gill might have a point. Maybe journalling could be good for me. AND I get to record my story for my future fans.

I'll be honest with you, though. When I told Mr Gill my plan, he didn't seem quite as excited as I was . . .



But don't worry about Mr G. I'm still processing and channelling and stuff. The fan thing is just a bonus, I swear.

Anyway, here it is. My journal. My story.

## CHECK IT OUT . . .

BUT FIRST . . .

HERE'S THE WHO'S WHO

Or as I like to think of them . . . 'THE CAST'

THIS is *me*.



Ten years old. 75% Indian, 25% French  
Fizzy brain (AuDHD - autistic with ADHD)  
Apparently a 'Bright Young Thing'



THIS is my little sister,  
**Nisha** (pronounced  
NEEESHA, unless Mum  
and Dad are yelling  
her name - then it's  
NEEEESHAAAAAAA).

- \* Six years old
- \* Weirdly strong for her size  
Spends half her life upside  
down and doing cartwheels



THIS is **Dad**.  
\* 50% Indian,  
50% French  
\* Music teacher  
\* Sings and  
plays about  
256 instruments

THIS is **Mum**.

- \* 100% Indian  
Autistic ADHDer  
(like me!)
- \* Surgeon (apparently  
... but I reckon she's  
secretly an undercover  
SPY)
- \* LASER EYES (ok, not  
really, but it feels like  
that sometimes!)



© 10

THIS is **Mamie**  
(my French  
grandma).

- \* Computer whizz
- \* Coffee queen





Grandad (Dad's dad) isn't around anymore. He met Mamie in Paris. She got her heel stuck in a drain. Gentleman that he was, Grandad pulled it out. One hot chocolate and five macaroons later, that was it:

L'amour.  
LOVE.



Not sure how Mum and Dad met, but Mamie says it's got something to do with a library in Mumbai (India), a bag of banana chips and a bit of luck.



THESE are my Indian grandparents.

### Nani

- \* Hotshot entrepreneur
- \* Perfectly styled hair (where do you think I get it from?)
- \* Saree (always ironed and tightly wrapped)



### Nana

- \* Retired business wotsit
- \* Walking Bollywood encyclopaedia
- \* Will never say no to me or Nisha





THIS is Rocky

\* The dog we WOULD have except we're not allowed a dog.



And THESE are my best friends.

Luna

- \* Superspeed runner
- \* How does she have muscles when she's like nine?!
- \* Will destroy anyone in Mario Kart



RaHEEM

- \* WICKED artist
- \* Never seen without a sketchbook
- \* Insists he's growing his beard (WHAT BEARD, MAN?)

