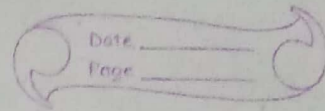


Ch-1.

Q1: How can you become a blessing to your family? write two ways to resolution to make your life better?

Ans1: - You can become a blessing to your family by giving thanks to people, praise others for their goodness, spending time with your family, keep learning and listen to others with patience, pray and liberate your soul and transfer sufferings to sensitives.

The two ways to make your life better are :-

- * Engage briefly during the work days.
- * Pray for your family before you leave the house each morning.

Q2: How could Ritu Upadhyay overcome her speech impediment?

Ans2: - Ritu Upadhyay overcame her speech impediment with the help of her higher secondary teacher encouraged her to try out to read in public, after finding Ritu struggling to she introduced herself during a self-esteem class. After explaining her the

way and means to build-up self-esteem, the teacher kept gently pressing and suggesting her to try accents and character voices to help get the words out and it worked. By the end of that year, Ritu had overcome her shyness and went on to achieve the successful career.

Q88: Write about any one person who helped you to become a good person.

⇒ St. Chavara considers life a "Sacred treasure entrusted by God". As a human beings it is our responsibility to live our life with purity of thoughts, words and actions. We must also remember that, if it is a gift of God, there will come a time when we will have to give back our life. Every day, we must remember that we are responsible for our life.

Fill In the Blanks :-

- (1) We face Struggles Challenges, and Difficulties in our lives.
- (2) Hard times come in everyone's life, but the outcome depends upon how we Deal with it.
- (3) NO everyone who is at the Top today got there with Success after Success.
- (4) ^{Ritu}~~Rita~~ was selected as a new head in a famous news channel and overcame her shatter.
- (5) Earning by myself enhanced my Self-confidence and made me feel my self-worth.

who said the following:-

① "The most beautiful thing is that we are left with us something very powerful called life. So, live it to the fullest."
Ritika Bhargava

② "A man's life is what his thoughts make it"
Marcus Aurelius

③ "I was a smart kid and had a lot to say, but I couldn't say it. It would just disturb me. I never thought I'd be able to sit and talk to someone like the way I'm talking to people now!"
Ritu Upadhyaya.

Key values:-

- * Believe in God
- * Hardwork.
- * Spread happiness
- * Courage and determination.