

🇬🇧 SSSSB Story 075b: The Influence of My Lifestyle [13+ yrs]



Two girls from Grade 8 were talking during break time about how their behaviour was affecting other students.

Student 1: *"I noticed that when I speak impolitely or am not honest, it slowly becomes a habit. I keep doing it without thinking."*

Student 2: *"I haven't slept well for three nights, and it's for the same reason. Because of my behaviour, other students who had a good character also started behaving badly. They were punished by the school and even by their parents. I feel guilty... it's all because of me."*

Both students felt so guilty that they began to cry. They were deeply ashamed of their behaviour. But while they were crying, they both heard a gentle inner voice whisper at the same moment: *"Do not be sad. Use these experiences to inspire yourself — change a negative lifestyle into a positive one."*

The two girls looked at each other and immediately knew that it was the voice of God, who is everywhere and present in our hearts, and Who, as an Avatara now in Nepal, lovingly guiding them.

From that moment on, they made determined and inspired plans to create a positive, kind, and exemplary lifestyle — one that would help, inspire, and bring joy to others.

They realized:

- **Bad manners spread quickly.** When we are rude, dishonest, or careless, others may copy us, and the harm multiplies.
- **Good manners spread even faster.** When we are polite, respectful, and kind, others feel encouraged to do the same, and the joy multiplies.

They promised each other to practice honesty, politeness, and kindness every day. They understood that improving their own manners was not just for themselves, but for the happiness and growth of everyone around them.

Question: Can you identify some manners in yourself that need improvement? How can you change them into positive habits?

Heart-Work: Think about how your friends influence your manners, and how your manner influence theirs. Share your experience of both – and notice how positive changes inspire others.