

🇬🇧 **SSSSB Story 063b: A New Beginning with Values [13+ years]**



Once upon a time, there were two girls in the 9th grade. They often wondered: *“How can we begin new things in the best possible way?”* They realized that every new beginning is not only a chance to gain knowledge, but also an opportunity to grow in values.

Girl from Nepal: After the holidays, school had started again. She reflected on the past — asking herself what she could continue and what she could improve. She made two lists: one of the things that had gone well, and another of the things she wanted to do better. Her plan was clear: to connect everything she did with values such as honesty, discipline, and love for others.

Girl from Congo: Alongside her schoolwork, she regularly gave tuition lessons to younger children in her neighborhood. She also reflected on the past to see what she could improve. Her plan was the same—to connect everything she did with values such as patience, service to others, and gratitude.

The girls agreed to meet at least once a week to share their progress and experiences. They encouraged each other, learned from one another, and inspired each other to grow. Both discovered that when you begin something with good intentions and values in your heart, everything flows better, and your heart feels peaceful.

Question: Name one activity [at school, in sports or elsewhere] that you want to improve and connect with values.

Heart-Work: Do the activity connecting with values. After some times, how do you feel. Share experience.