

Class-VIII

M.Sc, Lesson - 3

A. Answer the following questions:-

1. What is everyone's goal?

Ans.1 Everyone's goal is to find happiness.

2. Why should we not worry?

Ans.2 Because worrying about our problems will in no way reduce them.

3. What prevents people from being happy?

Ans.3 Worries prevent people from being happy.

4. What can make us happy?

Ans.4 Our thinking of positivity which is far from worries and worldly possessions, can make us happy.

B. Fill in the blanks:-

1. Everybody has **problems** and **worries**.
2. There are many reasons for us to be **happy**.
3. **Worries** only create more problems for us.
4. Happiness is buried in the **mind** of man.

C. Write T for 'True' and F for 'False':-

1. Everybody has problems. **T**
2. We are always in search of happiness. **T**
3. Worrying about problems does not help. **T**
4. A smile is a sign of happiness. **T**
5. The world laughs when we laugh. **T**