



# CHALLENGE

“I will dress modestly to show respect for Heavenly Father and myself” (My Gospel Standards).

Write down a modesty goal (how you talk, dress, or act) and stick it on your mirror.

Read 1 Corinthians 6:19. Ask a parent why your body is sacred and how to protect it.

Accept a compliment without bragging. Then give a compliment!

I challenge myself to ...

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