OUALIENOE I	
"I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me" (My Gospel Standards).	"I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me" (My Gospel Standards).
Read the Word of Wisdom in D&C 89 and find what it says is good for you.	Read the Word of Wisdom in D&C 89 and find what it says is good for you.
Make a list of harmful things you won't eat or drink.	Make a list of harmful things you won't eat or drink.
Ask your parents or leaders how they keep their thoughts clean and pure.	Ask your parents or leaders how they keep their thoughts clean and pure.
I challenge myself to	I challenge myself to
	I
CHALLENGE	CHALLENCE
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