

WHAT'S ON YOUR MIND?

I want to set a new goal for Children and Youth. But I don't know where to start! Do you have any ideas?

—Growing in Guatemala

Dear Growing,

Way to go! Setting a goal can help you learn and become more like Jesus. And Heavenly Father will help you!

You could start by praying. Then write down any thoughts that come to mind. When you pick a goal, ask a parent or leader to help you make a plan. You can use your *Children's Guidebook* for help too!

The *Friend*

Circle the activities that you'd like to try. Write your own ideas in the blanks. Then put a star next to the goal you want to work on next!

SOCIAL

Spend time serving and getting to know older people.

Go to a cultural celebration. Learn about traditions from other countries.

INTELLECTUAL

Learn to say a few things in a new language.

Read a new book.

PHYSICAL

Learn to swim, ride a bike, or play a new sport.

Grow a plant or garden.

SPIRITUAL

Put on a play or puppet show about your favorite scripture story.

Memorize a favorite scripture.
