

I Will Take Care of My Body



MY GOSPEL STANDARDS

I will follow Heavenly Father's plan for me.

I will remember my baptismal covenant and listen to the Holy Ghost.

I will choose the right.

I know I can repent when I make a mistake.

I will be honest with Heavenly Father, others, and myself.

I will use the names of Heavenly Father and Jesus Christ reverently. I will not swear or use crude words.

I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ.

I will honor my parents and do my part to strengthen my family.

I will keep my mind and body sacred and pure, and
I will not partake of things that are harmful to me.

I will dress modestly to show respect for Heavenly Father and myself.

I will only read and watch things that are pleasing to Heavenly Father.

I will only listen to music that is pleasing to Heavenly Father.

I will seek good friends and treat others kindly.

I will live now to be worthy to go to the temple
and do my part to have an eternal family.

I AM A CHILD OF GOD

*I know Heavenly Father loves me, and I love Him.
I can pray to Heavenly Father anytime, anywhere.
I am trying to remember and follow Jesus Christ.*