

Young Women

PERSONAL PROGRESS

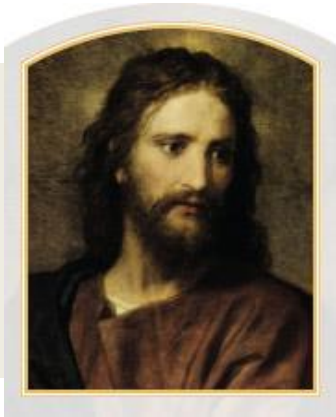
for those with special needs

The following pages include the content available within the online version of Young Women Personal Progress for young women with special needs. These modified experiences and projects offer suggestions on how parents and leaders might adapt Personal Progress requirements to meet specific needs.

Leaders, in counsel with parents, will bless the lives of young women as they take the time to understand the abilities and needs of each young woman and identify the principles being taught in each experience. Then prayerfully modify the requirements as needed to teach the principles in a way that meets the needs of the individual. Other adults and young women, especially older young women who have completed Personal Progress, may be invited to work with the young women and offer encouragement in completing Personal Progress.



Faith



Faith is not to have a perfect knowledge of things; therefore if ye have faith ye hope for things which are not seen, which are true ([Alma 32:21](#)).

I am a daughter of Heavenly Father, who loves me. I have faith in His eternal plan, which centers on Jesus Christ, my Savior.

Required Value Experiences

Complete the following three required value experiences. Have your parent or leader sign and date each experience after you finish.

- ___1. The first principle of the gospel is faith in the Lord Jesus Christ. Learn about faith from the scriptures and living prophets. Read [Alma 32:21](#) and [Joseph Smith—History 1:11–20](#). Watch the video [The Restoration](#), or listen to, read, or watch [“How We Got the Book of Mormon”](#) (Book of Mormon Stories, chapter 1). Strengthen your own faith by making prayer a habit in your life. Listen to, read, or watch [“Jesus Teaches about Prayer”](#) (New Testament Stories, chapter 20). Listen to, sing, or sign along with [“I Pray in Faith”](#) (Children’s Songbook, 14) to learn the pattern of prayer. Using this pattern, say your morning and evening prayers for two weeks. Color and make a flip-book on prayer (see [Behold Your Little Ones: Nursery Manual, 19](#)). Share what you have learned about faith and prayer with your parents or leader.

- ___2. Discover the principles of faith taught by the mothers of Helaman’s stripling warriors. Listen to or read [Alma 56:45–48](#), or listen to, read, or watch [“Helaman and the 2,000 Young Warriors”](#) (Book of Mormon Stories, chapter 34). Complete the online puzzle [“Two Thousand Young Warriors.”](#) Have your mother, grandmother, or leader share her testimony or a faith-promoting story. Write your thoughts and feelings in your journal. For example, “My mother, grandmother, or leader has taught me _____.”

- ___3. Living gospel principles requires faith. Faith in the Savior Jesus Christ helps us choose the right. Listen to, sing, or sign along with [“I Walk by Faith”](#). Choose one principle such as prayer, tithing, repentance, or keeping the Sabbath day holy. In your own home or another setting, plan and present a lesson in family home evening or Mutual about how faith helps you live that gospel principle. (You can find lesson helps in [Nursery Manual: Behold Your Little Ones.](#)) If possible, ask someone to share an experience that has strengthened his or her faith. Share your own experiences as well. Decorate a frame and put a picture of Jesus Christ inside it to remind you to have faith in Him.



Faith

Additional Value Experiences

Complete three additional value experiences. You may select from the following options or write up to two of your own. Your parent or leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.

- ___ 4. Learn more about the sacrament. Listen to or read [Moroni 4:3](#) and [5:2](#). Listen to, read, or watch [“The First Sacrament.”](#) For three weeks try to be reverent by folding your arms and thinking of the Savior during the sacrament. Color page [115](#) in Nursery Manual: Behold Your Little Ones. Display it in your room as a reminder to think of Jesus during the sacrament.
- ___ 5. Increase your understanding of the Atonement of Jesus Christ by listening to, reading, or watching the chapters about the Garden of Gethsemane, the Crucifixion, and the Resurrection in New Testament Stories (chapters 51, 53, and 54). Listen to, sing, or sign along with [“He Sent His Son.”](#) You may also watch the video [He Sent His Son](#). Write your feelings in your journal about the Savior and what He has done for you. For example, “The Savior has helped me _____.” Share your testimony of the Savior at a Church meeting or Mutual activity.
- ___ 6. Learn about the plan of salvation. Listen to, read, or watch [“Our Heavenly Father’s Plan”](#) (New Testament Stories, introduction). Listen to, sing, or sign along with [“I Lived in Heaven”](#). Color and make the mobile in [Nursery Manual: Behold your Little Ones, pages 13 and 15.](#)
- ___ 7. Listen to or read [Alma 32:17–43](#) or listen to, read, or watch [“Alma Teaches about Faith and the Word of God”](#) (Book of Mormon Stories, chapter 29). Plant a seed and watch it grow. Listen to, sing, or sign along with [“Faith”](#) (Children’s Songbook, 96). Write in your journal about how your faith grows like a seed.

Personalized Value Experiences

___ 8. _____

___ 9. _____



Faith

Value Project

After you have completed six faith value experiences, create a project that will help you practice what you have learned. This should be a significant effort that will take at least ten hours to complete. Prayerfully seek the guidance of the Holy Ghost to select a meaningful project.

Have your parent or leader approve the project before you begin. Write an evaluation after you finish. Below are some ideas for a value project.

- Paint a prayer rock to put by your bed to remind you to pray. Give an opening or closing prayer in family home evening or at Mutual. Share your feelings in your class or at home about how prayer blesses us and helps us stay close to Heavenly Father and the Savior.
- Make a picture book that shows your faith in Jesus Christ and how He blesses you. Include some pictures of the Savior.
- Memorize the Young Women theme. Lead the young women in the theme during Young Women opening exercises on Sunday or at Mutual. To help you remember, make a picture booklet of key words of the theme (optional).
- Listen to or read [Alma 32:17–43](#) or listen to, read, or watch [“Alma Teaches about Faith and the Word of God”](#) (Book of Mormon Stories, chapter 29). Think of faith as a seed while you help your family plant, care for, and harvest a vegetable garden. Write in your journal how you can nourish, care for, and strengthen your faith.

My project is: _____

My plan to carry out my project is:

1. _____

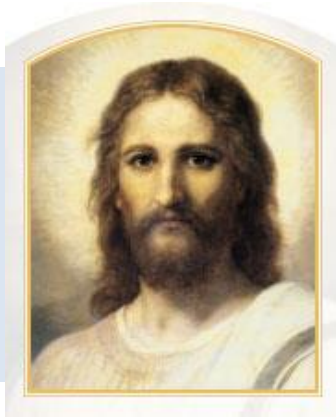
2. _____

3. _____

My evaluation of the project is (include how you felt and how your understanding of faith increased):



Divine Nature



Be partakers of the divine nature. ... Giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness brotherly kindness; and to brotherly kindness charity ([2 Peter 1:4–7](#)).

I have inherited divine qualities, which I will strive to develop.

Required Value Experiences

Complete the following three required value experiences. Have your parent or leader sign and date each experience after you finish.

- ___1. What are some of the divine qualities of a daughter of God? Memorize “We are daughters of our Heavenly Father who loves us, and we love Him”. Listen to, sing, or sign along with [“I Am a Child of God”](#). Watch the video [Our True Identity](#) on youth.lds.org. Read about and discuss the divine qualities taught in [Alma 7:23–24](#). List in your journal some of the divine qualities that you have inherited.

- ___2. As a young woman you are blessed with divine feminine qualities. Listen to, read, or watch [“The Widow’s Mites”](#) and [“Ruth and Naomi”](#) (Old Testament Stories, chapter 24). Listen to, sing, or sign along with [“Walk Tall, You’re a Daughter of God.”](#) With another person, discuss the divine qualities you recognized in the women in these stories, and record them in your journal. For example, “Naomi and Ruth were _____. The widow was _____. I can be _____.”

- ___3. Make your home life better. For two weeks make a special effort to strengthen your relationship with family or friends you live with by showing love through your actions. Think of ways you can show love to them through your service. For example, you might set the table, help with dinner dishes, smile, take out the garbage, wipe off the table after meals, or clean your bedroom. Complete [“Which Chore Is Mine”](#). Write in your journal: “I will show my family love by _____.”



Divine Nature

Additional Value Experiences

Complete three additional value experiences. You may select from the following options or write up to two of your own. Your parent or leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.

___4. During the sacrament, listen carefully to the prayers and think about what it means to take upon yourself the name of Jesus Christ. Listen to, sing, or sign along with [“I’m Trying to Be like Jesus”](#) (Children’s Songbook, 78). Read [Faith in God for Girls, pages 2–3](#). We have made a covenant or promise to become like Jesus Christ. (We can do this by being a peacemaker, friend, and helper.) [Read and then color the picture of the young woman taking the sacrament](#). Write in your journal: “I can keep my covenants and promises. I will serve my family and friends by _____. I will be obedient like Jesus by _____.”

___5. Obedience is a quality of the Savior. Try to be more obedient to your parents or guardians. Listen to, read, or watch [“The Boy Jesus”](#) (New Testament Stories, chapter 9). Show respect and kindness to your parents or guardian by doing what they ask without having to be reminded. Make a two-week calendar and draw a smiley face on the days you obeyed your parents. At the end of each day share how this made you feel. Write in your journal your feelings. For example, “I felt _____ when I tried to act like Jesus.”

___6. Develop your divine qualities. Listen to or read [Galatians 5:22–23](#). Write down the divine qualities inside a heart-shaped drawing on paper or in your journal. Select one quality; then for two weeks strive to make it a part of your daily life.

___7. Learn the definition of the word *peacemaker*. Listen to or read [Matthew 5:9](#), and listen to, read, or watch [“The Sermon on the Mount”](#) (New Testament Stories, chapter 19). Become an example of a peacemaker in your home and at school by not complaining or speaking unkindly about others. Ask yourself these questions: “Am I a peacemaker? What kind of friend am I?” Write in your journal: “I want to be a peacemaker by _____.” Pray each morning and evening to Heavenly Father for help in doing this. After one week write in your journal: “I felt _____ when I was a peacemaker.”

Personalized Value Experiences

___8. _____

___9. _____



Divine Nature

Value Project

After you have completed six divine nature value experiences, create a project that will help you practice what you have learned. This should be a significant effort that will take at least ten hours to complete. Prayerfully seek the guidance of the Holy Ghost to select a meaningful project.

Have your parent or leader approve the project before you begin. Write an evaluation after you finish. Below are some ideas for a value project.

- Listen to or read [Doctrine and Covenants 109:8](#). Learn a life skill that you can share with someone, such as cooking, sewing, organizing, or designing. Teach that skill to someone or use that skill on a regular basis to bless your family.
- For an extended period of time, serve someone in need, such as a young mother, a person with disabilities, or an elderly person. Record in your journal how your service has helped you recognize the divine nature in yourself and in others.
- Using an artistic skill or handicraft you have learned, make something for your room or home. Write in your journal: “Being creative made me feel _____.”
- Working happily with others is a divine quality. Listen to or read Doctrine and Covenants 38:27, and plan a project that will promote unity in your family, your school, or your community. Write in your journal: “I can make a difference when I work happily with others by _____.”

My project is: _____

My plan to carry out my project is:

1. _____

2. _____

3. _____

My evaluation of the project is (include how you felt and how your understanding of divine nature increased):



Individual Worth



Remember the worth of souls is great in the sight of God ([D&C 18:10](#)).

I am of infinite worth with my own divine mission, which I will strive to fulfill.

Required Value Experiences

Complete the following three required value experiences. Have your parent or leader sign and date each experience after you finish.

- ___ 1. You are a daughter of Heavenly Father, who knows you and loves you. Listen to or read [John 13:34](#), and listen to, read, or watch [“Other Teachings at the Last Supper”](#). Listen to, sing, or sign along with [“Love One Another”](#). Discuss with your family or leader how these scriptures remind us that Heavenly Father loves each of us and that we should love and be kind to everyone. Write your thoughts and feelings in your journal. For example: “I know my Heavenly Father loves me because _____. I can show love to others by _____.”
- ___ 2. Heavenly Father has given you special gifts. Listen to, read, or watch [“Gifts of the Spirit”](#). Ask a family member, a Young Women leader, or a friend to tell you and write down the special gifts the Lord has given you. Paste the list in your journal. Write in your journal: “I can use my gifts of _____ to bless others.”
- ___ 3. Listen to or read [Doctrine and Covenants 18:10](#). Watch the Mormon Messages video [What Matters Most](#). Do all you can to build others and make them feel of worth. Every day for two weeks, notice the good qualities of others and tell them what you notice. Write or draw a picture, and send it to a family member, friend, Church leader, or a teacher, expressing your love and appreciation for that person.



Individual Worth

Additional Value Experiences

Complete three additional value experiences. You may select from the following options or write up to two of your own. Your parent or leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.

- ___ 4. You have a special mission on earth. Listen to or read [Doctrine and Covenants 88:119](#). Listen to, sing, or sign along with [“I Will Follow God’s Plan” \(Children's Songbook, 164\)](#). Draw and color a picture of a house. List the things you can do in your home to invite the Spirit. For example, “I can _____. I can _____.”
- ___ 5. Participate in a dance, speech, music, or drama performance at school, in your community, or at church. Write in your journal: “I did _____. I felt _____ when I shared my talent.”
- ___ 6. When you participate in family history, you come to understand your identity and individual worth. Listen to, sing, or sign along with [“Family History—I Am Doing It” \(Children's Songbook, 94\)](#). Visit with a living relative to learn as much information about your family history as possible. Optional: dress in character and share one of the stories at a family gathering or at Mutual.
- ___ 7. With help from a parent, learn about the importance of patriarchal blessings by studying [True to the Faith, pages 111–13](#). Find out why these blessings are given and who can give them. Discuss with a parent or Church leader how to prepare to receive a patriarchal blessing and how it can teach you of your worth and identity and be a guide throughout your life.

Personalized Value Experiences

8. _____

9. _____



Individual Worth

Value Project

After you have completed six individual worth value experiences, create a project that will help you practice what you have learned. This should be a significant effort that will take at least ten hours to complete. Prayerfully seek the guidance of the Holy Ghost to select a meaningful project.

Have your parent or leader approve the project before you begin. Write an evaluation after you finish. Below are some ideas for a value project.

You have a unique and divine mission to perform on the earth and have been blessed with talents to accomplish this mission. As you complete one of the following projects, you will witness the value and contribution of others and also see the influence you can have in the lives of others. Express your gratitude to those with whom you work, and record your experiences in your journal.

- Compile your personal or family history using journal entries, pictures, and copies of important papers. Complete a picture pedigree chart of your family.
- Share one of your gifts by instructing someone in music, a sport, or an artistic or other skill.
- Carry out a project to improve the living situation of someone in need.
- Participate in a youth choir, a play, a talent show, or an art exhibit.
- Learn a skill that could help you in life.

My project is: _____

My plan to carry out my project is:

1. _____

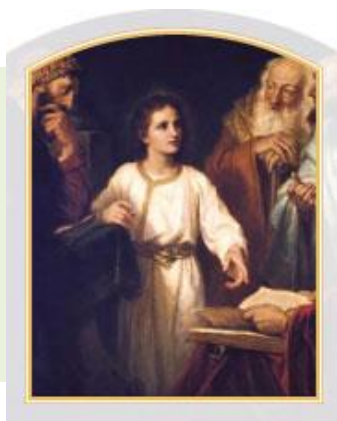
2. _____

3. _____

My evaluation of the project is (include how you felt and how your understanding of individual worth increased):



Knowledge



Seek learning, even by study and also by faith ([D&C 88:118](#)).

I will continually seek opportunities for learning and growth.

Required Value Experiences

Complete the following three required value experiences. Have your parent or leader sign and date each experience after you finish.

- ___ 1. Learn why you need to gain knowledge and how to use gospel principles in your home and family life. Listen to or read [Doctrine and Covenants 88:118](#) and [90:15](#). Watch a [video](#) on [youth.lds.org](#), or listen to a story from the [Friend magazine](#) at [friend.lds.org](#). Write what you have learned from the story and how you can apply the gospel principle taught in the story to your own life. Write in your journal: “I listened to _____. It taught me to _____. I will try to _____.”
- ___ 2. Listen to or read [Matthew 25:14–30](#) or listen to, read, or watch “[The Talents.](#)” New Testament Stories. Learn a new skill or talent that you can share with your family. You may choose one from “[Developing Talents.](#)” [Faith in God for Girls, page 10](#). Link Share with your family, class, or Young Women leader what you have learned. Write in your journal: “The new skill or talent I learned was _____. I felt _____ about myself.”
- ___ 3. Listen to, sing and/or sign along with “[The Thirteenth article of Faith](#)”, [Children’s Songbook, page 132](#). Visit a museum or exhibit or attend a performance that involves dance, music, speech, or drama. Write or draw in your journal what you learned and saw that was virtuous, lovely, or god report, or praiseworthy. For example: “I heard or saw _____. I felt _____. I could feel the Holy Ghost because _____.”



Knowledge

Additional Value Experiences

Complete three additional value experiences. You may select from the following options or write up to two of your own. Your parent or leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.

- ___ 4. Select a gospel principle you would like to understand better (for example, faith, repentance, forgiveness, prayer, eternal families, or baptismal covenants). Listen to or read scriptures, a scripture story, or words of latter-day prophets that relate to the principle ([lds.org scripture stories](http://lds.org/scripture/stories)). Draw or choose a picture to color that goes with your story.
- ___ 5. Learn about a job that interests you. Talk to someone who works in that job, and find out what the person’s responsibilities are and what training or education was needed to do the job. Write in your journal: “I learned _____.”
- ___ 6. Memorize one of your favorite hymns from the hymnbook or a Primary song from the [Children’s Songbook](#). [Learn the correct conducting pattern](#) for that song (see Hymns, 383-85) and then conduct it at a family home evening or in a Young Women meeting. Listen to or read the scripture(s) listed at the bottom of the hymn.
- ___ 7. Learn first-aid skills. Read “Cuts and Scratches” and “Nosebleeds” ([Young Women Camp Manual, 39, 42](#)). Teach a family member or friend what you have learned. Make a list of emergency phone numbers and put them by each phone in your home.

Personalized Value Experiences

___ 8. _____

___ 9. _____



Knowledge

Value Project

After you have completed six knowledge value experiences, create a project that will help you practice what you have learned. This should be a significant effort that will take at least ten hours to complete. Prayerfully seek the guidance of the Holy Ghost to select a meaningful project.

Have your parent or leader approve the project before you begin. Write an evaluation after you finish. Below are some ideas for a value project.

- Learn how to organize, clean, and help maintain your home from your mother, grandmother, or another woman you admire. Make a two-week cleaning chart to help you remember when certain chores need to be done.
- Learn the proper care of clothing, including how to wash and iron. Apply the skills you have learned by taking care of your clothing.
- Working with your mother, grandmother, or a woman in your ward or branch, develop a skill she teaches you (for example, hand stitching, crafting, cleaning, grocery shopping, planting, or scrapbooking). Share this skill with someone else. Write in your journal: “I learned _____. I taught _____.”
- Listen to or read [1 Corinthians 3:16](#). Listen to, sing, or [sign](#) along with [“The Lord Gave Me a Temple”](#) (Children’s Songbook, 153). Keep your body healthy. Make a chart and keep track of your health habits for two weeks. Include in your chart: Shower or bathe regularly using soap. Wash hands after using the toilet and before eating. Brush teeth after breakfast and before going to bed. Drink a lot of water. Exercise every day. Go to bed at a good hour.
- Listen to or read [Doctrine and Covenants 89](#), or listen to, read, or watch [“The Word of Wisdom”](#) (Doctrine and Covenants Stories, chapter 31). Color the page [“Good Choices”](#). Learn to cook a meal or dish that is part of a healthy diet, and share it with a friend. Write in your journal: “I will obey the Word of Wisdom by _____.”



Knowledge

My project is: _____

My plan to carry out my project is:

1. _____

2. _____

3. _____

My evaluation of the project is (include how you felt and how your understanding of knowledge increased):



Choice and Accountability



Choose you this day whom ye will serve; ... but as for me and my house, we will serve the Lord ([Joshua 24:15](#)).

I will choose good over evil and will accept responsibility for my decisions.

Required Value Experiences

Complete the following three required value experiences. Have your parent or leader sign and date each experience after you finish.

- ___ 1. A daughter of God can make good choices and work out problems. Listen to, read, or watch [“The Jaredites Leave Babel”](#) and [“The Jaredites Travel to the Promised Land”](#) ([Book of Mormon Stories, chapters 50, 51](#)). Listen to or read [Doctrine and Covenants 9:8](#). Regular scripture study and prayer helps you to work out your problems and make good choices, such as choosing good friends, being kind to others, and getting up on time. Listen to, sing, or sign along with [“Search, Ponder and Pray”](#) ([Children’s Songbook, 109](#)). Complete the online puzzle of [“Joseph Seeks Wisdom”](#). Discuss with a parent or leader how regular scripture study and prayer help you make good choices.
- ___ 2. Read and then print a copy of [“My Gospel Standards”](#) (Faith in God for Girls, back cover). Practice living righteous standards by choosing two areas on the list where you would like to improve. You might be more careful about television, music, books, or other media, or you might improve your modesty, language, or honesty. Highlight the standards you want to work on, and add a star each time you choose the right. After two weeks, share your progress with your family, your class, or a leader by showing them your stars.
- ___ 3. Agency, or being able to choose, is one of God’s greatest gifts to His children. With a parent or leader, discuss the blessings and responsibilities of agency. Listen to or read [Joshua 24:15](#). Listen to, sing, or sign along with [“Choose the Right Way”](#) ([Children’s Songbook, 160.](#)) Follow the [“Choose the Right” maze](#) ([Friend, Oct. 2005, 20](#)). Choose the pictures that represent good decisions. As you make the correct choices, the maze will lead you to Jesus Christ.



Choice and Accountability

Additional Value Experiences

Complete three additional value experiences. You may select from the following options or write up to two of your own. Your parent or leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.

- ___4. Listen to or read [Isaiah 1:18](#). Listen to, sing and/or sign [“If the Savior Stood Beside me”](#). Listen to, read, or watch [“Alma the Younger Repents”](#), Book of Mormon Stories. Draw a face of how you would feel by each of the five (5) steps of repentance.
 1. Feel sorry.
 2. Confess the sin and pray for forgiveness.
 3. Do your best to make up for the wrong choice.
 4. Don’t repeat the wrong choice.
 5. Obey the commandments and live more like the Savior. Study the process of repentance, pray for guidance, and use the five (5) steps of repentance in your life.

- ___5. The Holy Ghost will help you make correct choices. Listen to, sing, or sign along with [“Let the Holy Spirit Guide”](#) (Hymns, 143). Learn more about the Holy Ghost. Listen to or read [John 14:26](#), [Galatians 5:22](#), and [Moroni 10:5](#). Pray for and live worthy of the constant companionship of the Holy Ghost. Write in your journal: “The Holy Ghost can help me in my daily life by _____. When the Spirit is with me, I feel _____.”

- ___6. The Young Women theme reminds us that as daughters of God we are to “stand as witnesses of God.” Memorize the phrase: “We will stand as witnesses of God at all times and in all things, and in all places”. Listen to, sing, or [sign along with “I Will Be Valiant” \(Children’s Songbook, 162\)](#). List in your journal what you will do each day to stand as a witness in the choices you make concerning modesty, movies, language, or other standards. Write in your journal: “I will stand as a witness of God by _____. I felt _____ when I stood as a witness.”

- ___7. Making choices is part of Heavenly Father’s plan for us. Begin wise money management by creating a plan for saving and spending your money, including paying your tithing. Make and use a savings box with three sections, or use three envelopes. Label them tithing, spending, and savings. Listen to, read, or watch [“Tithing”](#) (Doctrine and Covenants Stories, chapter 44). Pay your tithing. Follow your budget for two months. Write in your journal: “I earned _____. I paid _____ for tithing. I saved for _____.”

Personalized Value Experiences

- ___8. _____

- ___9. _____



Choice and Accountability

Value Project

After you have completed six choice and accountability value experiences, create a project that will help you practice what you have learned. This should be a significant effort that will take at least ten hours to complete. Prayerfully seek the guidance of the Holy Ghost to select a meaningful project.

Have your parent or leader approve the project before you begin. Write an evaluation after you finish. Below are some ideas for a value project.

- Find a [Mormonad](#), or design your own ad about making good choices. Plan a skit with your family or Young Women class based on your ad. Perform it at home or at Mutual.
- Under the direction of your leaders, help plan a New Beginnings, Evening of Excellence, or other Young Women activity that helps you and other young women choose to live the Lord's standards and stand as a witness (for example, a modest fashion show, a dance, and so forth).
- Memorize the Young Women motto: "Stand for truth and righteousness." In your journal, list what you can do to stand as a witness for truth and righteousness. Make your own frame to display the Young Women motto and the scripture "Arise and shine forth, that thy light may be a standard for the nations" (D&C:115:5).
- Make a blanket, quilt, or comforter that will help you remember how the Holy Ghost makes you feel. Listen to or read [Galatians 5:22](#) and [John 14:26](#).
- Choose to be more orderly in your home by completing a cleaning or organizing project, such as organizing your closet or drawers and donating items you don't need or use. Write in your journal what you did and how it will help you in other areas of your life. For example: "I cleaned _____. This project helped me _____."
- With family or friends, evaluate your use of media, television, and technology. Create a plan to keep improper media from entering your home. Make sure your plan encourages the wholesome use of television, movies, music, computers, Internet, cell phones, and other media forms in the home. Share your ideas with your family and others.
- Make a testimony glove for yourself or a Primary friend ([see Friend, Oct. 2008, 24–25](#)). With another person, practice saying each of the five parts of a testimony. Write your testimony in a Book of Mormon, and give it to a friend.



Choice and Accountability

My project is: _____

My plan to carry out my project is:

1. _____

2. _____

3. _____

My evaluation of the project is (include how you felt and how your understanding of choice and accountability increased):



Good Works



Therefore let your light so shine before this people, that they may see your good works and glorify your Father who is in heaven ([3 Nephi 12:16](#)).

I will help others and build the kingdom through righteous service.

Required Value Experiences

Complete the following three required value experiences. Have your parent or leader sign and date each experience after you finish.

- ___ 1. Helping others is something Jesus wants us to do. Learn why service is an important part of the gospel. Listen to or read [Mosiah 2:17](#). Watch the Mormon Messages video [Love One Another](#). Others often give service you may not see, such as preparing meals, reading to or listening to younger children, repairing clothing, or helping a brother or sister. Cut out some small paper hearts. Use these hearts to give thanks. For one week give people a paper heart when you see them serving. In your journal write or draw a picture showing how your family members served others.

- ___ 2. Service is an important part of family life. Help plan your family's menus, obtain food, and prepare part of the meals for one week. During that time, help your family gather at mealtimes. Share a scripture on service at your meals. Write in your journal: "Our family mealtimes were filled with love because _____." Share with your family or Young Women class what you have learned.

- ___ 3. Listen to or read [Mosiah 18:7-10](#). When you notice someone in need, think of a way to give help. Listen to, sing, or sign along with "[Have I Done Any Good?](#)" ([Hymns, 223](#)). Complete the online puzzle "[The Prophet Loves Children](#)". In your journal list three ways you can comfort others or help them bear their burdens. Do the things on your list, and tell a family member or leader about your experiences and how they made you feel. Write in your journal: "Mosiah taught us that when we are baptized we should _____. I chose the following acts of service: _____, _____, and _____. I feel _____ when I serve."



Good Works

Additional Value Experiences

Complete three additional value experiences. You may select from the following options or write up to two of your own. Your parent or leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.

___ 4. With another person, help teach a lesson about service in family home evening or in another setting. Use pictures, music, examples, or demonstrations in your lesson. You may want to use the New Era magazine; the Friend; [Nursery Manual: Behold Your Little Ones, lesson 18](#); or [Primary 1: I Am a Child of God, lesson 34](#).

___ 5. Listen to or read [Doctrine and Covenants 58:26–28](#). Listen to, sing, or sign along with [“Put Your Shoulder to the Wheel” \(Hymns, 252\)](#). Develop a pattern of service in your life by choosing a family member you can help. Serve that person for one week. Write in your journal your actions and feelings about how this improved your relationship with that person. For example: “I chose to serve _____. I served this person by _____. It made me feel _____.”

___ 6. Listen to or read [3 Nephi 12:16](#). Spend at least two hours giving service outside your family. For example, with another person you might collect or clean toys and games for a nursery, offer or accept an assignment to clean the meetinghouse, set up chairs for a meeting, help in the library, or walk the neighbor’s dog. Write in your journal: “I served others by _____. The person I served showed feelings of _____. It made me feel _____ when I served.”

___ 7. When you perform good works, others will see your example and may want to know more about the gospel. Pray for a missionary experience. Listen to or read [Matthew 24:14](#). Invite a friend who is not a member of the Church or who is less active to go with you to a Church meeting or Mutual activity. Introduce your friend to others, and make sure he or she is involved. Write your testimony in a Book of Mormon or in Book of Mormon Stories, and give it to a friend.

Personalized Value Experiences

8. _____

9. _____



Good Works

Value Project

After you have completed six good works value experiences, create a project that will help you practice what you have learned. This should be a significant effort that will take at least ten hours to complete. Prayerfully seek the guidance of the Holy Ghost to select a meaningful project.

Have your parent or leader approve the project before you begin. Write an evaluation after you finish. Below are some ideas for a value project.

- With another person, help plan and participate in a project to clean or beautify your community.
- With another person, make a cookbook of simple recipes collected from family members and friends. Prepare some of the recipes for your family.
- Work with a family member to gather the names of some deceased relatives who were not members of the Church. Identify their birth and death dates, and prepare their names to be taken to the temple. If possible, help plan a temple trip and do baptisms for those relatives. Use the help found in the [Friend, September 2010, pages 24–25](#).
- Prepare to serve others by receiving training for skills such as caring for a pet, gardening, working in a nursery, using sign language, filing and organizing papers and household items, cooking, cleaning a home, or making a floral arrangement. Share your new skill with someone.
- Serve others. Volunteer in the community, gather items to meet humanitarian needs, spend extended time with children or the elderly. Write in your journal: “I took a treat to _____. I made a new friend, _____. I visited _____. I helped serve by _____ (tying a quilt, putting together newborn kits, or some other service).”
- There are many ways to make mealtime special. Choose one or more ways to improve mealtime each day for a week. For example, you could learn to set the table. Make a model placemat as your guide by drawing or attaching the plate, cup, napkin, and utensils in their proper place. Make a centerpiece or decoration for the table.



Good Works

My project is: _____

My plan to carry out my project is:

1. _____

2. _____

3. _____

My evaluation of the project is (include how you felt and how your understanding of good works increased):



Integrity



Till I die I will not remove mine integrity from me ([Job 27:5](#)).

I will have the moral courage to make my actions consistent with my knowledge of right and wrong.

Required Value Experiences

Complete the following three required value experiences. Have your parent or leader sign and date each experience after you finish.

- ___1. Integrity is the willingness and desire to choose the right and live by our beliefs and standards. Listen to or read [Moroni 10:30](#) and [“My Gospel Standards”](#) (Faith in God for Girls, back cover). Watch the Mormon Messages video [Lessons I Learned as a Boy](#). Look for ways the boys showed integrity. How did they feel when they chose the right? Discuss with another person appropriate standards for behavior, dress, and conversation, as well as books, movies, television, Internet, music, cell phones, and other media. Choose a standard that you need to improve. Make a two-week calendar and draw a smiley face on the days that you are able to keep that standard. Write in your journal: “I chose the standard _____. I feel _____ when I live the Lord’s standards. I will continue to follow the Lords standards.”

- ___2. Am I living the way the Lord wants me to live? Do I say kind things to and about others? Do I use clean language? Do I show reverence for sacred things? Am I completely truthful, morally clean, honest, dependable, and trustworthy in my schoolwork and other activities? Listen to, sing, or sign along with [“I Believe in Being Honest”](#). Pray daily for strength and for the guidance of the Holy Ghost to help you live with integrity. Cut ten triangles out of paper. Write the following words on five triangles pointing up: “kind words,” “clean thoughts,” “honesty,” “prayer,” and “peacemaking.” Write the following words on five triangles pointing down: “gossiping,” “telling lies,” “quarreling,” “swearing,” and “angry words.” Draw a horizontal line on a piece of paper. Place each triangle above the line if the arrow points up and below the line if the arrow points down. Discuss with another person why the things above the line are positive and why the things below the line are negative (see Primary 7: New Testament, lesson 41, preparation 3). Write in your journal: “I feel _____ when I say something kind to someone.” Choose one of the behaviors that you would like to improve upon, and paste that triangle in your journal as a reminder.

- ___3. The Savior is the perfect example of integrity. He did what He promised the Father He would do. Listen to or read [3 Nephi 11:10–11](#). Study the lives of other individuals in the scriptures who lived with integrity. Listen to, read, or watch [“Esther”](#), [“Shadrach, Meshach, and Abednego”](#), and [“Daniel and the Lions’ Den”](#) (Old Testament Stories, chapters 45, 42, and 43). Listen to or read Joseph Smith—History 1:25. Write in your journal: “Esther had the courage to show integrity by _____. Shadrach, Meshach, and Abednego had the courage to show integrity by _____. Daniel had the courage to show integrity by _____. Men laughed at Joseph Smith, but he still had the courage to show integrity by _____.” Think of a time when you had the courage to show integrity, especially when it was not easy. Share your experience and feelings about it in a testimony meeting or lesson or with a parent or leader.



Integrity

Additional Value Experiences

Complete three additional value experiences. You may select from the following options or write up to two of your own. Your parent or leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.

- ___ 4. Talk to your mother, grandmother, or another woman who lives an honest life. Ask her to share a story when she acted with integrity. Together, look up the word integrity in the dictionary and discuss its meaning. Make a list of ways she is an example to you. Write in your journal: "I talked to _____. She shows integrity by _____, _____, and _____. I want to follow her example and be honest by _____, _____, and _____."

- ___ 5. Listen to or read [Mosiah 18:9](#). When we stand as a witness, we show what we believe through our behavior. [Watch the video Be Strong: I Know Who I Am](#). Listen to, watch, or sing "[Be Strong and of Good Courage](#)". Write in your journal how you can "stand as [a witness] of God at all times and in all things, and in all places." Choose a behavior that you need to improve so you can be a better example. Develop integrity in your life as you improve your behavior for one week. Write in your journal: "I can stand as a witness by _____. I can be a better example by _____. I will work on this behavior for one week."

- ___ 6. Living the law of the fast is an opportunity to practice integrity. ([See "Tithes and Offerings," For the Strength of Youth \[2001\], 34–35](#)) If you are physically able, fast by not eating food or drink for two consecutive meals. You may do this on a fast Sunday. Have a specific purpose in mind as you fast. You might fast for a sick friend, to overcome a bad habit, to receive a special blessing for yourself or someone else, or to give thanks. Begin and end your fast with prayer. Write in your journal: "The purpose of my fast was _____. By fasting, I learned _____ and felt _____."

- ___ 7. The document "[The Family: A Proclamation to the World](#)" says that "happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ." Listen to or read "[Family," For the Strength of Youth \[2001\], pages 10–11](#)". Create the chart entitled "[Love One Another](#)" (see [Family Home Evening Resource Book \[1997\], 76](#)). Write in your journal: "I can strengthen my family by _____."



Integrity

Value Project

After you have completed six integrity value experiences, create a project that will help you practice what you have learned. This should be a significant effort that will take at least ten hours to complete. Prayerfully seek the guidance of the Holy Ghost to select a meaningful project.

Have your parent or leader approve the project before you begin. Write an evaluation after you finish. Below are some ideas for a value project.

- With another person, write down ways family members show integrity in their lives. Make a collection of these examples and stories by putting them together in a binder or booklet. Share a few stories at a family gathering.
- Having integrity means keeping your commitments. Keep your commitments to others as you participate as a member of a team or organization or responsibilities within family church, school and sports. Write in your journal: “My responsibilities in Young Women are _____. My responsibilities at school are _____. My responsibilities at work are _____. My responsibilities to a team are _____. Now do it. When you accomplish your goal write, “I did it.”
- Using [1 Timothy 4:12](#) as your guide, help prepare or be involved in an activity or skit that will help you practice being an example of the believers. Share your feelings in Family home evening, Mutual, youth conference or Young Women girl’s camp.
- Read [“Dress and Appearance” \(For the Strength of Youth, Page 14-16\)](#). Make a book of modest clothing from magazines or drawings that will help remind you to dress modestly as explained in For the Strength of Youth and in the words of living prophets.
- Listen to or read [Alma 27:27](#). Read [“Honesty” \(For the Strength of Youth, page 31\)](#). Learn why this principle is important to your happiness. Create an object (such as a picture, hand stitched item or a craft) that will remind you each day of your commitment to be honest and true at all times.



Integrity

My project is: _____

My plan to carry out my project is:

1. _____

2. _____

3. _____

My evaluation of the project is (include how you felt and how your understanding of integrity increased):



Virtue



Who can find a virtuous woman? for her price is far above rubies ([Proverbs 31:10](#)).

I will prepare to enter the temple and remain pure and worthy. My thoughts and actions will be based on high moral standards.

Required Value Experiences

Complete the following four required value experiences. Have your parent or leader sign and date each experience after you finish.

___1. Virtue includes clean thoughts and righteous behavior. With your parent or guardian, study the meaning and importance of virtue by reading the section on [sexual purity in For the Strength of Youth \(\[2001\], 26–28\)](#). * Watch the video [Return to Virtue](#). Listen to or read [Proverbs 31:10](#). You are a choice daughter of our Father in Heaven. You are a princess destined to become a queen. Your virtue and purity make your price above rubies. Make a crown out of paper and color red rubies on it.

*Parent or Guardian: At your discretion please discuss what you feel is appropriate for your young woman.

___2. Virtuous living “at all times and in all things, and in all places” makes it possible for you to have the Holy Ghost with you always. Listen to, sing, or sign along with [“The Still Small Voice” \(Children’s Songbook, 106\)](#). Read [John 14:26–27](#) and find the promised blessings. Color the cube and play the game in [Nursery Manual: Behold Your Little Ones, pages 29 and 31](#), or draw a picture about a time when you felt the guidance of the Holy Ghost.

___3. As you live a virtuous life, you will feel our Savior’s love and will be worthy to receive Heavenly Father’s blessings. Listen to or read [Alma 5:14,16](#).

Ask yourself these questions:

- Do I believe in Heavenly Father, Jesus Christ, and the Holy Ghost?
- Am I keeping my thoughts clean and my behavior righteous?
- Am I honest?
- Do I treat family members with respect and love?
- Do I attend sacrament meeting and other Church meetings?
- Do I pay a full tithe?
- Do I obey the Word of Wisdom?
- Do I repent of my sins?

Make a list of the things you can and will do to become more like the Savior and receive Heavenly Father’s blessings. In your journal paste your picture and a picture of the Savior next to yours. Draw one heart around the two pictures. This will remind you of our Savior’s love for you.



Virtue

- ___ 4. Because the Savior loves you and has given His life for you, you can repent. The Savior's atoning sacrifice has made it possible for you to be forgiven of your sins. Watch the video [Finding Faith in Jesus Christ](#). Listen to, sing, or sign along with ["I Know That My Redeemer Lives"](#) (Hymns, 136). As you listen to the sacrament prayers each week, remember Him, keep His commandments, and follow His example. Write your feelings about our Savior Jesus Christ in your journal.

Value Project

You may begin this required value project at any time.

- Watch the video [A Book with a Promise](#). The Savior chose to live a virtuous life. He wanted us to learn about Him. We do this by reading the Book of Mormon. Listen to or read the entire [Book of Mormon](#) or [Book of Mormon Stories](#). What did Jesus and those who followed Him do to live virtuous lives? Write about or draw three individuals in the Book of Mormon who followed the Savior's example. Write in your journal: "I read about _____, who followed Jesus by _____. I can follow their example by _____." When you are finished, write your testimony or share it with others.

"I told the brethren that the Book of Mormon was the most correct of any book on earth, and the keystone of our religion, and a man would get nearer to God by abiding by its precepts, than by any other book"
(Joseph Smith, in introduction to the Book of Mormon).



What Do I Do When I Complete Personal Progress?

Completing the Personal Progress program is a significant step in strengthening your faith and testimony and preparing for temple covenants. You have learned how to make commitments, carry them out, and report your progress. This process should continue as you remain on the path to the temple and continue to develop qualities that will help you throughout your life. You may continue your progress by earning an Honor Bee or by beginning Personal Progress again.

Honor Bee

The Honor Bee charm was historically given to young women who were willing to do more than was required. To continue your progress, you may earn an Honor Bee to accompany your Young Womanhood Recognition medallion. You may earn an Honor Bee charm after completing both of the following requirements:

- ___1. Read the Book of Mormon again. A daily habit of scripture study will strengthen your faith and help you receive personal inspiration and guidance throughout your life. If you read just five minutes a day, you can complete the entire Book of Mormon in one year.

- ___2. Serve others for a total of 40 hours. Where possible, some of these hours should include mentoring another young woman with her Personal Progress. This should be done under the direction of the ward or branch Young Women presidency. As you help another young woman, you may want to:
 - Be her friend.
 - Be an example of a righteous daughter of God.
 - Encourage her to work with her parents in selecting appropriate value experiences and projects.
 - Help her follow through with value experiences and projects.
 - Help her keep records of value experiences and projects.
 - Help her understand the gospel principles that the value experiences and projects teach.
 - Encourage her to read the Book of Mormon, and discuss with her what she is reading.
 - Encourage her to share value experiences and projects with her family.