



YOUNG WOMEN
PERSONAL
PROGRESS



STANDING AS A
WITNESS OF GOD

THE LIVING CHRIST

THE TESTIMONY OF THE APOSTLES
THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

As we commemorate the birth of Jesus Christ two millennia ago, we offer our testimony of the reality of His matchless life and the infinite virtue of His great atoning sacrifice. None other has had so profound an influence upon all who have lived and will yet live upon the earth.

He was the Great Jehovah of the Old Testament, the Messiah of the New. Under the direction of His Father, He was the creator of the earth. "All things were made by him; and without him was not any thing made that was made" (John 1:3). Though sinless, He was baptized to fulfill all righteousness. He "went about doing good" (Acts 10:38), yet was despised for it. His gospel was a message of peace and goodwill. He entreated all to follow His example. He walked the roads of Palestine, healing the sick, causing the blind to see, and raising the dead. He taught the truths of eternity, the reality of our premortal existence, the purpose of our life on earth, and the potential for the sons and daughters of God in the life to come.

He instituted the sacrament as a reminder of His great atoning sacrifice. He was arrested and condemned on spurious charges, convicted to satisfy a mob, and sentenced to die on Calvary's cross. He gave His life to atone for the sins of all mankind. His was a great vicarious gift in behalf of all who would ever live upon the earth.

We solemnly testify that His life, which is central to all human history, neither began in Bethlehem nor concluded on Calvary. He was the Firstborn of the Father, the Only Begotten Son in the flesh, the Redeemer of the world.

He rose from the grave to "become the first-fruits of them that slept" (1 Corinthians 15:20). As Risen Lord, He visited among those He had loved in life. He also ministered among His "other sheep" (John 10:16) in ancient America. In the modern world, He and His Father appeared to the boy Joseph Smith, ushering in the long-promised "dispensation of the fulness of times" (Ephesians 1:10).

Of the Living Christ, the Prophet Joseph wrote: "His eyes were as a flame of fire; the hair of his head was white like the pure snow; his countenance shone above the brightness of the sun; and his voice was as the sound of the rushing of great waters, even the voice of Jehovah, saying:

"I am the first and the last; I am he who liveth, I am he who was slain; I am your advocate with the Father" (D&C 110:3-4).

Of Him the Prophet also declared: "And now, after the many testimonies which have been given of him, this is the testimony, last of all, which we give of him: That he lives!

"For we saw him, even on the right hand of God; and we heard the voice bearing record that he is the Only Begotten of the Father—

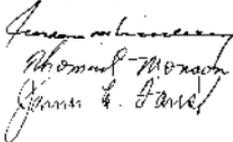
"That by him, and through him, and of him, the worlds are and were created, and the inhabitants thereof are begotten sons and daughters unto God" (D&C 76:22-24).

We declare in words of solemnity that His priesthood and His Church have been restored upon the earth—"built upon the foundation of . . . apostles and prophets, Jesus Christ himself being the chief corner stone" (Ephesians 2:20).

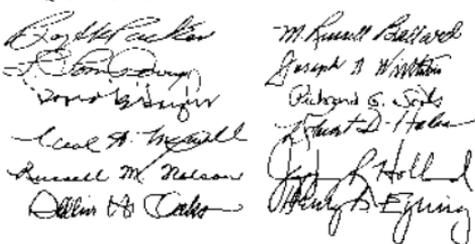
We testify that He will someday return to earth. "And the glory of the Lord shall be revealed, and all flesh shall see it together" (Isaiah 40:5). He will rule as King of Kings and reign as Lord of Lords, and every knee shall bend and every tongue shall speak in worship before Him. Each of us will stand to be judged of Him according to our works and the desires of our hearts.

We bear testimony, as His duly ordained Apostles—that Jesus is the Living Christ, the immortal Son of God. He is the great King Immanuel, who stands today on the right hand of His Father. He is the light, the life, and the hope of the world. His way is the path that leads to happiness in this life and eternal life in the world to come. God be thanked for the matchless gift of His divine Son.

THE FIRST PRESIDENCY



THE QUORUM OF THE TWELVE





*Come unto Christ,
and be perfected in him.
(Moroni 10:32)*

A PROCLAMATION TO THE WORLD

THE FIRST PRESIDENCY AND COUNCIL OF THE TWELVE APOSTLES OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

WE, THE FIRST PRESIDENCY and the Council of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints, solemnly proclaim that marriage between a man and a woman is ordained of God and that the family is central to the Creator's plan for the eternal destiny of His children.

ALL HUMAN BEINGS—male and female—are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny. Gender is an essential characteristic of individual premortal, mortal, and eternal identity and purpose.

IN THE PREMORTAL REALM, spirit sons and daughters knew and worshiped God as their Eternal Father and accepted His plan by which His children could obtain a physical body and gain earthly experience to progress toward perfection and ultimately realize his or her divine destiny as an heir of eternal life. The divine plan of happiness enables family relationships to be perpetuated beyond the grave. Sacred ordinances and covenants available in holy temples make it possible for individuals to return to the presence of God and for families to be united eternally.

THE FIRST COMMANDMENT that God gave to Adam and Eve pertained to their potential for parenthood as husband and wife. We declare that God's commandment for His children to multiply and replenish the earth remains in force. We further declare that God has commanded that the sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife.

WE DECLARE the means by which mortal life is created to be divinely appointed. We affirm the sanctity of life and of its importance in God's eternal plan.

HUSBAND AND WIFE have a solemn responsibility to love and care for each other and for their children. "Children are an heritage of the Lord" (Psalms 127:3). Parents have a

sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs, to teach them to love and serve one another, to observe the commandments of God and to be law-abiding citizens wherever they live. Husbands and wives—mothers and fathers—will be held accountable before God for the discharge of these obligations.

THE FAMILY is ordained of God. Marriage between man and woman is essential to His eternal plan. Children are entitled to birth within the bonds of matrimony, and to be reared by a father and a mother who honor marital vows with complete fidelity. Happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ. Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities. By divine design, fathers are to preside over their families in love and righteousness and are responsible to provide the necessities of life and protection for their families. Mothers are primarily responsible for the nurture of their children. In these sacred responsibilities, fathers and mothers are obligated to help one another as equal partners. Disability, death, or other circumstances may necessitate individual adaptation. Extended families should lend support when needed.

WE WARN that individuals who violate covenants of chastity, who abuse spouse or offspring, or who fail to fulfill family responsibilities will one day stand accountable before God. Further, we warn that the disintegration of the family will bring upon individuals, communities, and nations the calamities foretold by ancient and modern prophets.

WE CALL UPON responsible citizens and officers of government everywhere to promote those measures designed to maintain and strengthen the family as the fundamental unit of society.

This proclamation was read by President Gordon B. Hinckley as part of his message at the General Relief Society Meeting held September 23, 1995, in Salt Lake City, Utah.



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This Personal Progress book belongs to

Signature of young woman





WELCOME TO PERSONAL PROGRESS

You are a beloved daughter of Heavenly Father, prepared to come to the earth at this particular time for a sacred and glorious purpose. You have the noble calling to use your strength and influence for good. Your loving Heavenly Father has blessed you with talents and abilities that will help you fulfill your divine mission. Through personal prayer, scripture study, obedience to the commandments, and service to others, you can develop these gifts.

Use your influence to lift and bless your family, other young women, and the young men with whom you associate. Honor womanhood, support the priesthood, and treasure faithful motherhood and fatherhood.

As you participate in Personal Progress, you join with thousands of other young women who are striving to come unto Christ and “stand as witnesses of God at all times and in all things, and in all places” (Mosiah 18:9). Counsel with your parents, and prayerfully choose goals that will help you cultivate feminine virtues, grow spiritually, and reach your divine potential. Take advantage of your time in Young Women by preparing to receive the sacred ordinances of the temple, to be a faithful wife and mother, and to strengthen the home and family.



The First Presidency



STANDARDS FOR THE STRENGTH OF YOUTH

The First Presidency has established guidelines for your daily decisions. Choosing to live these standards brings joy and helps qualify you for temple blessings. Study the standards as they are explained in the pamphlet *For the Strength of Youth*. Review them often. Commit to live them. As you do this your example will strengthen your family and the young men and young women with whom you associate. These standards are:

Agency and Accountability

Choose righteousness and happiness, no matter what your circumstances. Take responsibility for the choices you make. Develop your abilities and talents, and use them for good. Avoid idleness and be willing to work hard.

Gratitude

Have a spirit of gratitude in all you do and say. Thank God for your blessings, and express appreciation to others who help you.

Education

Prepare to be an influence for good in the world. Obtain an education, and be enthusiastic about learning. Attend seminary.

Family

Do your part to build a happy home. Honor your parents, and strengthen your relationships with your brothers and sisters.

Friends

Choose friends who share your high standards. Treat everyone with kindness and respect. Invite friends of other faiths to Church activities. Reach out to new converts and those who are less active.





Dress and Appearance

Dress modestly to show respect for God and yourself. Never lower your dress standards for any occasion. Do not disfigure your body with tattoos and body piercings.

Entertainment and the Media

Choose uplifting entertainment. Avoid anything that is vulgar, immoral, violent, or pornographic in any way. Commit to keeping God's standards.

Music and Dancing

Listen to music that helps you draw closer to Heavenly Father. Do not listen to music that encourages immorality, glorifies violence, or uses offensive language. When dancing, avoid full body contact or suggestive movements.

Language

Use language that uplifts, encourages, and compliments others. Use the names of God and Jesus Christ with reverence and respect. Do not use profane, vulgar, or crude language or gestures.

Dating

Do not date until you are at least 16 years old. Date only those who have high standards. When you begin dating, go in groups or on double dates. Plan activities that help you remain close to the Spirit of the Lord.

Sexual Purity

Keep yourself sexually pure. Do not have any sexual relations before marriage. Do not participate in talk or activities that arouse sexual feelings. Do not participate in homosexual activities. Seek help if you become a victim of rape, incest, or other sexual abuse.





Repentance

Through the Savior's Atonement, you can receive forgiveness and be cleansed from your sins when you repent. Confess your sins to the Lord and to those you have wronged. If the sins are serious, you also need to confess them to your bishop.

Honesty

Be honest with yourself, others, and the Lord. Do not rationalize that dishonesty is right.

Sabbath Day Observance

Use the Sabbath to worship the Lord, attend church, draw closer to your family, and help others. Do not seek entertainment or spend money on the Sabbath. When possible, avoid working on Sunday.

Tithes and Offerings

Willingly pay a full tithe. Attend tithing settlement. Obey the law of the fast.

Physical Health

Keep the Word of Wisdom. Eat nutritious food, exercise regularly, and get enough sleep. Do not use hard drugs, alcohol, coffee, tea, or tobacco products. Do not abuse prescription or over-the-counter medications.

Service to Others

Serve others in your Church assignments and in your home, school, and community. Seek daily the guidance of the Holy Ghost to know whom to serve and how to help meet their needs.

Go Forward with Faith

Be true to the Lord and to His Church. Regularly pray in private and read the scriptures. Keep your covenants and listen to the whisperings of the Spirit. The Lord will help you meet your trials and challenges.





YOUNG WOMEN THEME

We are

*daughters of our Heavenly Father,
who loves us, and we love Him.*

*We will “stand as witnesses of God at all times
and in all things, and in all places” (Mosiah 18:9)
as we strive to live the Young Women values, which are:*

Faith

Divine Nature

Individual Worth

Knowledge

Choice and Accountability

Good Works and

Integrity

*We believe as we come to accept and act upon these values,
we will be prepared to
strengthen home and family,
make and keep sacred covenants,
receive the ordinances of the temple,
and enjoy the blessings of exaltation.*





YOUNG WOMEN MOTTO AND LOGO



The Young Women motto is “stand for truth and righteousness.” The Young Women logo is a torch surrounded by the Young Women motto. The torch represents the light of Christ, inviting all to “come unto Christ” (Moroni 10:32). It invites all young women to hold up the light of Christ by keeping His commandments.



OVERVIEW FOR YOUNG WOMEN

Personal Progress will help you learn and apply the teachings of the Lord Jesus Christ in your life, prepare you to make sacred temple covenants, and strengthen families.

The Personal Progress program uses the seven Young Women values to help you understand more fully who you are, why you are here on earth, and what you should be doing as a daughter of God to prepare for the day you go to the temple to make sacred covenants. It will help you prepare for your future roles as a faithful woman, wife, mother, and leader in God's kingdom. The program teaches you to make commitments, carry them out, and report your progress to a parent or leader. These are patterns you will use throughout your life to learn and improve as a woman.

You may begin Personal Progress after you advance from Primary or at the time of your baptism if you are between the ages of 12 and 18. To complete the Personal Progress program, you will want to:

- Live the standards in *For the Strength of Youth*. Your bishop or branch president verifies this in an interview.
- Complete six Value Experiences and one Value Project for each of the seven values.
- Keep a personal journal.
- Record your testimony of the Savior Jesus Christ.

After finishing these requirements, you will be eligible to receive the Young Womanhood Recognition following a worthiness interview with your bishop or branch president.

Invite your parents to assist you in planning and completing the Personal Progress program. Sharing these experiences can strengthen your relationship with them. You may modify experiences and projects according to your personal circumstances, interests, and needs and with the prior approval of





parents or Young Women leaders. Personal Progress can be part of the good things you are doing at home, church, school, seminary, and in the community.

If you complete the requirements before you enter Relief Society, you may continue to progress by completing additional Value Experiences and Projects, compiling your personal history, reading the Book of Mormon, and assisting other young women.



HOW TO BEGIN

1. You will complete six experiences (three required and three elective) and one ten-hour project in each of the seven Young Women values. You may begin with any value and work in any order.
2. It is recommended that you complete the three required experiences in a value before moving on to the elective experiences in that value.
3. You may work at your own pace, but you should always be working on at least one experience or project. You may wish to set goals for yourself that will help you work steadily, such as trying to complete one experience or project every month or no less than nine a year.
4. You may write up to two Value Experiences of your own in each value or modify those that are provided to fit your personal interests, goals, or circumstances. Have your parents or a Young Women leader approve these before you begin.
5. Complete the six experiences required in a value before doing the project in that value.
6. Have your parents or a Young Women leader approve each Value Project before you begin.
7. You may include others in your Value Projects, but each project must take a minimum of ten hours of your own time.
8. When you have completed a Value Experience or a Value Project, review it with your parents or a Young Women leader. Have them initial that experience in your Personal Progress book. Keep a record of your progress on the Personal Progress Record Sheet in this book (see page 67).





9. When all six experiences and the project in a value are completed, your leader will present you with an emblem to be placed on your Personal Progress Achievement Certificate in this book (see page 68).
10. It is recommended that you work on Personal Progress throughout your time in Young Women. After you receive your Young Womanhood Recognition, you should continue your progress by following the suggestions on page 64.
11. When you have completed all of the Personal Progress requirements, review the “Young Womanhood Recognition” and “Continuing Progress” sections of this book with your parent or leader (see pages 63–64).



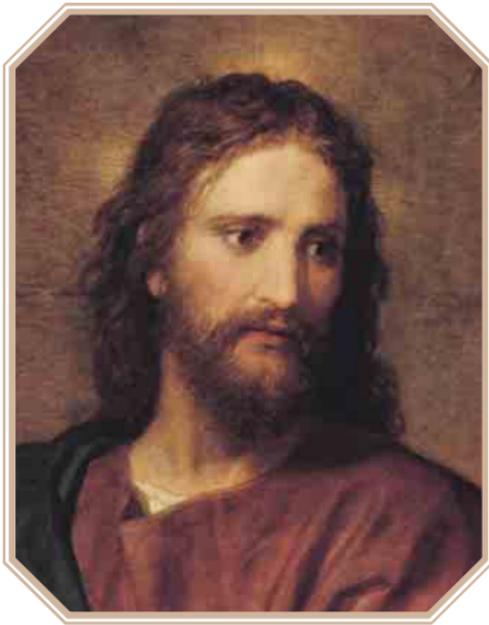
*Y*OUNG WOMEN
VALUE EXPERIENCES
AND PROJECTS





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.



FAITH VALUE EXPERIENCES

Complete the following three Value Experiences. Have your parent or leader sign and date each experience after you finish.

- ____ 1. Learn about faith from the scriptures and living prophets. Read Hebrews 11, Alma 32:17–42, Ether 12:6–22, and Joseph Smith—History 1:11–20. Read two general conference talks on faith. Exercise your own faith by establishing a habit of prayer in your life. Begin by saying your morning and evening prayers regularly. After three weeks of following this pattern, discuss with a parent or leader what you have learned about faith and daily personal prayer. In your journal express your feelings about faith and prayer.
- ____ 2. Discover the principles of faith taught by the mothers of Helaman’s stripling warriors. Read Alma 56:45–48 and 57:21. Review what “The Family: A Proclamation to the World” (see page ii) says about a mother’s role. With a mother, grandmother, or leader, discuss the qualities a woman needs to teach children to have faith and to base their decisions on gospel truths. How can these principles help you in your life today and help you prepare to be a mother? Record your thoughts in your journal.
- ____ 3. Living gospel principles requires faith. Choose a principle such as prayer, tithing, fasting, repentance, or keeping the Sabbath day holy. In your own home or another setting, plan and present a family home evening lesson about how faith helps you live that gospel principle. If possible, ask a family member to share an experience that has strengthened his or her faith. Share your own experiences as well. In your journal write down one of those experiences and describe your feelings about faith.



Complete three additional Value Experiences. You may select from the following options or write your own. Your parent or Young Women 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. Read about the Last Supper in Matthew 26:26–28, Mark 14:22–24, and Luke 22:17–20. Establish a pattern of pondering during the sacrament by listening carefully to the sacrament hymn and prayers. Think about why we partake of the bread and water. After three weeks of following this pattern, write in your journal some of the promises you make as you partake of the sacrament and remember your baptismal covenants.
- ___ 5. Increase your understanding of the Atonement of Jesus Christ by reading Isaiah 53:3–12; John 3:16–17; Romans 5; 2 Nephi 9:6–7, 21–26; Alma 7:11–13; 34:8–17; and Doctrine and Covenants 19:15–20. In your journal write your feelings about the Savior and what He has done for you. You may want to share your feelings in a testimony meeting.
- ___ 6. Increase your understanding of the plan of salvation. Resources for study include 2 Nephi 9:1–28, 11:4–7, Moses 4:1–4, Revelation 12:7–9, Doctrine and Covenants 76:50–113, 93:33–34, Abraham 3:24–27, and 1 Corinthians 15:22. Draw or obtain a picture that depicts the plan of salvation, including the premortal existence, birth, mortal life, death, judgment, and life after judgment. Using this picture, explain the plan of salvation to your class, your family, or a friend. Discuss how knowledge of the plan affects your actions.



___ 7. The Lord has commanded us to pay tithing. Read Doctrine and Covenants 119 and Malachi 3:8–12. Since obedience to the law of tithing is an evidence of your faith, pay a full tithe. After three months, record in your journal how paying tithing has helped your faith grow. List blessings in your life, both large and small, that have come because of your faith.

___ 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 Young Women leader approve the project before you begin. Write an evaluation after you finish. Below are some ideas for a Value Project.

- Memorize “The Living Christ” (see inside front cover). As you do, consider the Savior’s influence in your life.
- Think of faith as a seed as you help plant, care for, and harvest a vegetable garden.
- Take a family history class through your ward or branch, and collect stories of your relatives or others who have demonstrated faith. You may also interview family members or others and record their stories.
- Read the entire Book of Mormon and follow the instructions found in Moroni 10:4.
- Write original stories, poems, or songs, or complete a visual arts project that illustrates your faith in Jesus Christ.



My project is _____

My plan to carry out my project is:

1. _____

2. _____

3. _____

4. _____

Approval _____ Estimated completion date _____



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.





DIVINE NATURE VALUE EXPERIENCES

Complete the following three 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? Read “The Family: A Proclamation to the World” (see page ii), 2 Peter 1, Alma 7:23–24, and Doctrine and Covenants 121:45. In your own words, list the divine qualities discussed in your reading. Think about how you can discover and develop each of these qualities. Record your ideas in your journal.
- ___ 2. Increase your understanding of and appreciation for womanhood. Read Proverbs 31:10–31 and two talks on womanhood from a conference issue of the Church magazines. Review what “The Family: A Proclamation to the World” (see page ii) says about being a wife and a mother. Then ask your mother or another mother you admire what she thinks are important attributes for being a mother. List the attributes in your journal. Then choose one of those attributes and strive to develop it. After two weeks report your success to a parent or Young Women leader.
- ___ 3. Make your home life better. For two weeks make a special effort to strengthen your relationship with a family member by showing love through your actions. Refrain from criticizing or speaking unkindly, and watch for positive qualities in that person. Write notes of encouragement, pray for this family member, find ways to be helpful, and verbally express your love. Share your experiences with a parent or Young Women leader.



Complete three additional Value Experiences. You may select from the following options or write your own. Your parent or Young Women leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.

- ___ 4. Memorize the sacrament prayers in Doctrine and Covenants 20:77, 79. During the sacrament, listen carefully to the prayers and think about what it means to take upon yourself the name of Jesus Christ and how doing this should affect your actions and decisions. Practice keeping your baptismal covenants. Begin by doing something each day to help you remember the Lord Jesus Christ. After two weeks record your experience in your journal.
- ___ 5. Strive to be more obedient to your parents. Read Luke 2:40–51. Develop a pattern of obedience as you make a special effort to do what your parents ask you to do without having to be reminded. After two weeks record in your journal how being more obedient motivated you to want to continue doing so.
- ___ 6. Develop your divine qualities. Read Matthew 5:9, John 15:12, Galatians 5:22–23, Colossians 3:12–17, 1 John 4:21, and Moroni 7:44–48. Memorize your favorite verse from one of these passages. Identify the divine qualities mentioned in all these scriptures. Select one quality, and for two weeks strive to make it a part of your daily life. Record your progress and experiences in your journal.
- ___ 7. Learn the definition of the word *peacemaker*. Then find and read five scriptures that teach about peacemakers. Become an example of a peacemaker in your home and at school as you refrain from criticizing, complaining, or speaking unkindly to or about others. Pray



each morning and evening to Heavenly Father for help to do this. After two weeks write in your journal what new habits you want to develop.

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 Young Women leader approve the project before you begin. Write an evaluation after you finish. Below are some ideas for a Value Project.

- Develop a skill you could use in your future home, such as cooking, sewing, making repairs, or designing. Teach that skill to someone.
- For an extended period of time, serve someone in need, such as a young mother, a person with disabilities, or an elderly person.
- List the roles of women as taught in “The Family: A Proclamation to the World” (see page ii), and carry out a project that helps you learn more about one of those roles.
- Using an art or handicraft you have learned, make something for your future home.
- Carry out a project that will promote unity in your extended family, your school, or your community.



My project is _____

My plan to carry out my project is:

1. _____

2. _____

3. _____

4. _____

Approval _____ Estimated completion date _____





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.



INDIVIDUAL WORTH VALUE EXPERIENCES

Complete the following three 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. Read Psalm 8:4–6, Jeremiah 1:5, John 13:34, Doctrine and Covenants 18:10, and Abraham 3:22–23. Write in your journal how these scriptures teach you that Heavenly Father loves you and is mindful of you.

- ___ 2. Learn the importance of planning and preparation. Read Doctrine and Covenants 88:119. In your journal make a list of your hopes and dreams for your future home, family, and education and some important things you would like to accomplish in your life, including becoming a wife and mother. Then record a plan that will help you achieve your goals. Share this plan with a family member, leader, or friend.

- ___ 3. Read Doctrine and Covenants 18:10 and 121:45. Do all you can to build others and make them feel of worth. Every day for two weeks notice the worthwhile qualities and attributes of others. Acknowledge them verbally or in writing. In your journal write what you have learned about the worth of individuals and how your own confidence grows when you build others.



Complete three additional Value Experiences. You may select from the following options or write your own. Your parent or Young Women leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.

- ___ 4. Participate in a dance, speech, music, or drama performance at school, in your community, or at church. How did your participation in this activity strengthen your feelings of individual worth and self-confidence? Record your thoughts in your journal.
- ___ 5. Visit with your living relatives to learn as much information about your family history as possible. Then complete a pedigree chart of your family and list the temple ordinances that have been completed for each person.
- ___ 6. Learn about the importance of patriarchal blessings. Find out why they are given, who can give them, and how to prepare to receive one. Discuss with a parent or Church leader how a patriarchal blessing can guide your life. If you have not received your blessing, prepare to receive it.
- ___ 7. Heavenly Father has given you special gifts. Read 1 Corinthians 12:4–12; 13; Moroni 7:12–13; 10:8–18; and Doctrine and Covenants 46:11–26. Ask a family member, a Young Women leader, and a friend to write down positive qualities the Lord has given you. List your gifts in your journal, and write how you can continue to develop these gifts and use them to serve your family and others.



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 Young Women leader approve the project before you begin. Write an evaluation after you finish. Below are some ideas for a Value Project.

- Compile your personal or family history using journal entries, pictures, and important papers.
- Instruct or tutor someone in an academic subject, music, a sport, or an artistic skill.
- Carry out a project to improve the living situation of someone in need.
- Direct or participate in a youth choir, a play, a talent show, or an art exhibit.
- Learn a marketable skill that could help you in a current or future occupation.



My project is _____

My plan to carry out my project is:

1. _____

2. _____

3. _____

4. _____

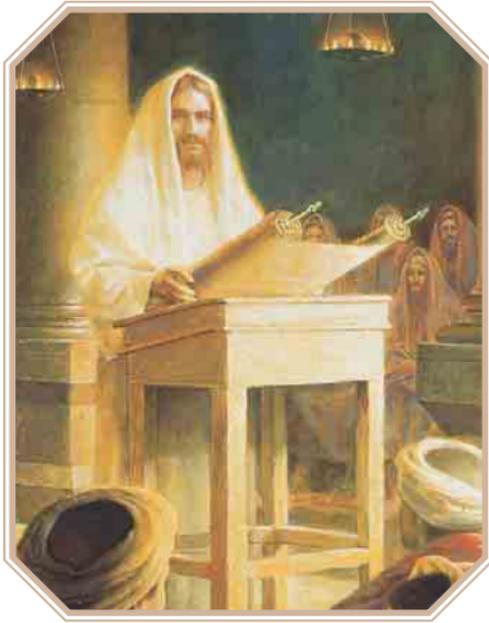
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KNOWLEDGE

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



I will continually seek opportunities
for learning and growth.





KNOWLEDGE VALUE EXPERIENCES

Complete the following three Value Experiences. Have your parent or leader sign and date each experience after you finish.

- ___ 1. Learn about the importance of gaining knowledge by reading Proverbs 1:5; 4:7; 2 Nephi 28:30; and Doctrine and Covenants 88:78–80, 118; 90:15; 130:18–19; 131:6. Think about why you need to gain knowledge and understanding about how gospel principles may be applied to your present and future home and family life. Write in your journal what you have learned about knowledge and discuss it with a family member or Young Women leader.
- ___ 2. In your journal list talents you have and others you would like to develop. Read Matthew 25:14–30. Learn a new skill or talent that will help you care for your own future family or home (for example, playing the piano, singing, budgeting, time management, cooking, sewing, or child care). Share with your family, class, or Young Women leader what you have learned.
- ___ 3. Memorize two of your favorite hymns from the hymnbook. Learn the correct conducting pattern for the hymns, and then conduct them at a family home evening, in a Young Women or other Church meeting, or at seminary. Read the scriptures listed at the bottom of each hymn.



Complete three additional Value Experiences. You may select from the following options or write your own. Your parent or Young Women 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, charity, eternal families, or baptismal covenants). Read scriptures and the words of latter-day prophets that relate to the principle. Prepare a five-minute talk on the subject, and give the talk in a sacrament meeting, in a Young Women meeting, to your family, or to your class.
- ___ 5. Learn about an area of work or service that interests you. Talk to someone who works in that field, and find out what that person's job responsibilities are, what training or education the person obtained to do the job, and what contributions this person's job makes to society. Record your findings in your journal.
- ___ 6. Memorize the thirteenth article of faith and recite it to a parent or Young Women leader. Then visit a museum or exhibit or attend a performance that involves dance, music, speech, or drama. Using this article of faith as a guide, evaluate what you saw and heard. Write your thoughts in your journal, and share those thoughts with a parent or Young Women leader.
- ___ 7. Develop and practice the skill of storytelling. Identify someone whose stories you have enjoyed. Discuss this skill with them; learn how to select stories for specific audiences and how to use your voice, facial expressions, and gestures to enhance the story. You may want to include stories from your ancestors' lives or from the scriptures. Share at least two different stories with family members, Young Women or Primary classes, or other appropriate audiences.



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 Young Women 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 maintain a home from your mother, grandmother, or another woman you admire.
- Prepare for higher education and obtaining marketable skills by learning about college or trade school entrance requirements, scholarships, tuition, and other expenses. Apply for entrance when appropriate.
- Read Doctrine and Covenants 89. Improve your health by developing and implementing a regular fitness program and learning to cook and eat food that is part of a healthful diet.
- Prepare to instruct others by completing the Teaching the Gospel course taught in your ward or branch.
- Working with your mother, grandmother, or a sister in your ward or branch, master a home arts skill she teaches you.





My project is _____

My plan to carry out my project is:

1. _____

2. _____

3. _____

4. _____

Approval _____ Estimated completion date _____





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.



CHOICE AND ACCOUNTABILITY VALUE EXPERIENCES

Complete the following three Value Experiences. Have your parent or leader sign and date each experience after you finish.

- ___ 1. A daughter of God can make wise decisions and solve problems. Read 1 Nephi 15:8, 2 Nephi 32:3, Alma 34:19–27, Ether 2–3, and Doctrine and Covenants 9:7–9. Follow a pattern of regular scripture study and prayer to receive help in making personal decisions such as choosing good friends, being kind to others, getting up on time, or other decisions. Discuss with a parent or Young Women leader how this helped you.
- ___ 2. Read the pamphlet *For the Strength of Youth*. List in your journal each standard of righteous behavior the pamphlet outlines, and record why it is important to live those standards. Practice living righteous standards by choosing one in which you need to improve. You might choose to be more selective about television, music, books, or other media, or you might improve your modesty, speech, or honesty. After three weeks, share with your family, your class, or a Young Women leader your progress in improving.
- ___ 3. Read about agency in 2 Nephi 2 and Doctrine and Covenants 82:2–10. With a parent or Young Women leader, discuss the blessings and responsibilities of agency. Record in your journal your understanding of agency and the consequences of choices and actions.



Complete three additional Value Experiences. You may select from the following options or write your own. Your parent or Young Women leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.

- ___ 4. Read about repentance in Isaiah 1:18; Alma 26:22; 34:30–35; Moroni 8:25–26; and Doctrine and Covenants 19:15–20; 58:42–43. Record in your journal what repentance means to you. Study the process of repentance, pray for guidance, and apply the principles of repentance in your life.
- ___ 5. Learn about the Holy Ghost. With a parent, Young Women leader, or friend, read and discuss Ezekiel 36:26–27; John 14:26; 16:13; Galatians 5:22–25; 2 Nephi 32:5; Moroni 10:4–5; and Doctrine and Covenants 11:12–14. Then record in your journal how the Holy Ghost can help you make good decisions in your daily life. Pray for and live worthy of the companionship of the Holy Ghost.
- ___ 6. Study the Young Women theme and what it teaches you about who you are, what you are to do, and why you are to do it. List in your journal what you will do each day with regard to modesty, dating, and the media to be morally clean and worthy to enter the temple.
- ___ 7. Making choices is part of Heavenly Father’s plan for us. Read Moses 4:1–4, 7:32, and 2 Nephi 9:51. Establish a pattern of wise money management by making a budget for saving and spending your money, including the payment of tithing. Live within your budget for at least three months. Set priorities that allow you to meet your most important needs before satisfying your wants.



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 Young Women leader approve the project before you begin. Write an evaluation after you finish. Below are some ideas for a Value Project.

- Using *For the Strength of Youth* as your guide and under the direction of your leaders, organize or participate in a discussion group, fashion show, or other event to help you and other youth live the Lord's standards.
- Under the direction of your leaders, help plan and direct a youth dance or other activity that features appropriate dancing instruction and wholesome music, lighting, and atmosphere.
- Create and implement a program that encourages the wholesome use of television, music, computers, Internet, and other media forms in the home. Share your idea with others.
- Learn basic clothing alteration and repair techniques as you adapt your wardrobe to standards of modest dress.
- Learn to be more orderly in your home by completing a cleaning or organizing project.



My project is _____

My plan to carry out my project is:

1. _____

2. _____

3. _____

4. _____

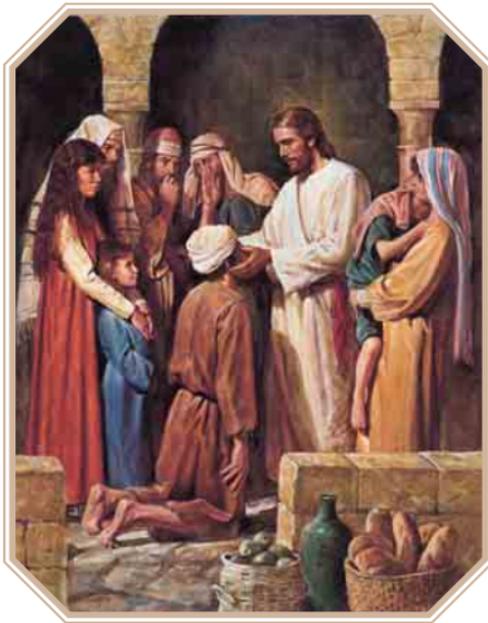
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GOOD WORKS

*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.



GOOD WORKS VALUE EXPERIENCES

Complete the following three Value Experiences. Have your parent or leader sign and date each experience after you finish.

- ___ 1. Learn why service is a fundamental principle of the gospel. Read Matthew 5:13–16; 25:34–40; Galatians 6:9–10; James 1:22–27; Mosiah 2:17; 4:26; and 3 Nephi 13:1–4. Others often give service you may not notice, such as preparing meals, reading or listening to younger children, repairing clothing, or helping a brother or sister. For two weeks record in your journal the quiet acts of service your family members and others perform. Acknowledge their service in some meaningful way.
- ___ 2. Service is an essential principle of family living. Help plan your family's menus, obtain the food, and prepare part of the meals for two weeks. During that time help your family gather to share mealtimes. Report to your class what you have learned.
- ___ 3. Read Mosiah 18:7–10, and 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 Young Women leader about the experience and how your attitude and understanding have changed.



Complete three additional Value Experiences. You may select from the following options or write your own. Your parent or Young Women leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.

- ___ 4. Teach a lesson about a gospel subject in family home evening or in another setting. Use pictures, music, examples, or demonstrations in your lesson. Use the manual *Teaching, No Greater Call* as a resource. This manual is available in your meetinghouse library or through Church distribution centers.
- ___ 5. Read Doctrine and Covenants 58:26–28. Think of ways a young woman, as well as a wife and mother, could apply this scripture in her family. Develop a pattern of service in your life by choosing a family member you can help. Serve that person for at least a month. Record in your journal your actions and feelings about the experience.
- ___ 6. Spend at least three hours giving service outside your family. Ask your ward or branch Relief Society president or a community leader for suggestions for service. For example, you might take care of children while parents attend the temple; collect, make, or recondition toys or games for a nursery; accept an assignment to clean the meetinghouse; or perform errands for or read to a homebound person or others in need. Record in your journal the reactions of the person you served and possible goals for future service opportunities.
- ___ 7. Pray for a missionary experience. Read Matthew 24:14; 28:19; and Doctrine and Covenants 88:81. Invite a friend who is not a member or one who is less active to go with you to a Church meeting or activity.



Introduce your friend to others, and make sure he or she is involved in the activity. Share your testimony of the gospel, and invite him or her to come again.

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 Young Women leader approve the project before you begin. Write an evaluation after you finish. Below are some ideas for a Value Project.

- Help plan and participate in a project to clean or beautify your community.
- Prepare to be a homemaker by collecting recipes, shopping for food, and preparing meals 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 submit their names to the temple. Help plan a temple trip and do baptisms for those relatives.
- Receive training for a skill to use in emergency situations, such as first aid, resuscitation, or life-saving skills.
- Serve others. Volunteer in the community, gather items to meet humanitarian needs, spend extended time assisting with child or elderly care, or tutor in school or in your community.





My project is _____

My plan to carry out my project is:

1. _____

2. _____

3. _____

4. _____

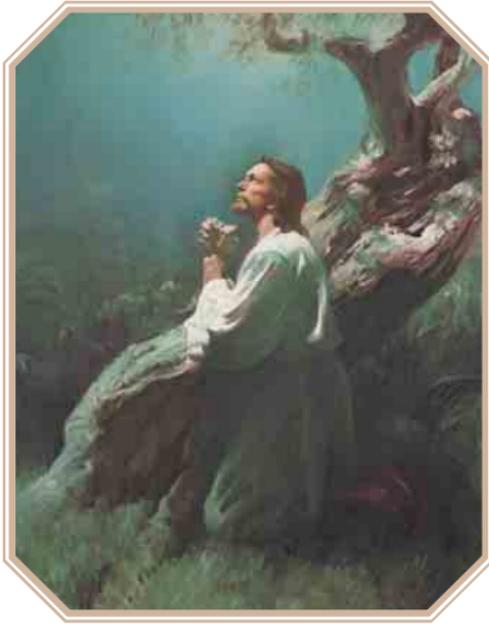
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INTEGRITY

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.



INTEGRITY VALUE EXPERIENCES

Complete the following three Value Experiences. Have your parent or leader sign and date each experience after you finish.

- ___ 1. Read Moroni 10:30–33 and think about what it means to “deny yourselves of all ungodliness.” Read “Standards for the Strength of Youth” on pages 2–4 of this book. Reflect on how the Lord’s standards differ from the world’s standards. Record in your journal your personal standards for actions, dress, literature, movies, television, Internet, music, and conversation. Also write your plan to stay morally clean and worthy to attend the temple. After keeping your standards for at least a month, record your thoughts and goals in your journal and continue to keep your commitment.
- ___ 2. Develop a pattern of personal integrity in your life as you select a personal behavior you wish to change. This could include avoiding gossip; avoiding inappropriate jokes, swearing and profanity, and being light-minded about sacred subjects; being completely truthful; being morally clean; and being honest, dependable, and trustworthy in your schoolwork and other activities. Pray daily for the Holy Ghost to help you live with integrity. After you have established this habit, record your feelings in your journal. Share your experience with a parent or Young Women leader.
- ___ 3. Study the lives of several individuals in the scriptures who lived with integrity. Read Genesis 39, the book of Esther, Daniel 3 and 6, Acts 26, Doctrine and Covenants 124:15, and Joseph Smith—History 1:21–25. In your journal identify the ways these people demonstrated integrity. Think of a time when you had the





courage to show integrity, especially when it was not popular. Share your experience and your feelings about it in a testimony meeting or lesson or with a parent or Young Women leader.

Complete three additional Value Experiences. You may select from the following options or write your own. Your parent or Young Women leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.

- ___ 4. Look up the word *integrity* in a dictionary. Interview your mother, grandmother, or another woman you respect about her understanding and application of the word. Make a list of ways you can make your actions consistent with your knowledge of right and wrong, and record in your journal what it means to you to have integrity.
- ___ 5. Learn about standing as a witness. Read Mosiah 18:9. Then record in your journal how you can personally “stand as [a witness] of God at all times and in all things, and in all places.” Choose a personal behavior that you need to improve so you can be a better example. Develop integrity in your life as you practice your new behavior for two weeks. Record your progress in your journal.
- ___ 6. Living the law of the fast is an opportunity to practice integrity. On a designated fast Sunday, abstain from food and drink for two consecutive meals and contribute to your family’s fast offering. Have a specific purpose in mind as you fast. You might fast for a sick friend, to overcome a bad habit, to obtain a special blessing for yourself or someone else, or to give thanks. Begin and close your fast with a prayer.



___ 7. List the issues, trends, and problems that weaken the family. Read the First Presidency message on page 1 of this book, and research the counsel from today's prophet printed in the Church magazines. Write in your journal your plan to strengthen the home and family. Share your plan with your leaders or parents.

___ 8. _____

___ 9. _____



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 Young Women leader approve the project before you begin. Write an evaluation after you finish. Below are some ideas for a Value Project.

- Identify and keep your commitments to others as you participate as a member of a team or organization or in a leadership position in your school or community.
- Record examples of ways family members have demonstrated the quality of integrity in their lives.
- Using 1 Timothy 4:12 as your guide, organize and carry out an activity that will help you practice being “an example of the believers.”
- Prepare to make temple covenants by making and wearing an item of clothing that conforms with standards of modest dress as explained in the pamphlet *For the Strength of Youth* and in the words of living prophets.
- In talks given by General Authorities, research the topics of moral cleanliness and chastity and learn why these principles are critical to your happiness and temple preparation. Create an object (such as a picture, a book of quotations, or a hand-stitched item) that will remind you each day of your commitment to be morally clean and worthy to enter the temple.



My project is _____

My plan to carry out my project is:

1. _____

2. _____

3. _____

4. _____

Approval _____ Estimated completion date _____





YOUNG WOMANHOOD RECOGNITION

When you complete the Personal Progress program, you will be eligible to receive the Young Womanhood Recognition. To receive the award:

- Live the standards in *For the Strength of Youth*. Your bishop or branch president verifies this in an interview.
- Complete six Value Experiences and one Value Project for each of the seven values.
- Keep a personal journal.
- Record your testimony of the Savior Jesus Christ.

This award recognizes you for your worthiness and for completing all the Personal Progress requirements. As a recipient of the award, you show that you have established a pattern of progress in your life. You are prepared to make and keep sacred temple covenants. You are committed to keeping the commandments, serving others, and developing and sharing your gifts and talents. You will strive to strengthen the home and family.

The Young Womanhood Recognition may be presented in a sacrament meeting. After you receive the award, you should continue to faithfully live the standards in *For the Strength of Youth*. Apply what you have learned as you enter Relief Society and prepare to make sacred temple covenants with Heavenly Father. You will find joy and happiness as you do this.



CONTINUING PROGRESS

When you complete the Personal Progress program and before you enter Relief Society, you can help other young women who are still working on their Personal Progress. Working under the direction of the ward or branch Young Women president, you may be assigned to personally help one or more young women with their Personal Progress. All projects and experiences should still be signed by leaders or parents.

You may continue your progress by completing additional Value Experiences and Projects, reading the Book of Mormon, compiling your personal history, attending seminary and completing seminary requirements, and assisting other young women with their Personal Progress.

As you help another young woman you may:

- 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 share Value Experiences and Projects with her family.
- Be an example of a righteous daughter of God.
- Be her friend.



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PERSONAL PROGRESS RECORD SHEET

	 Faith	 Divine Nature	 Individual Worth	 Knowledge	 Choice and Accountability	 Good Works	 Integrity
<i>Value Experience</i>							
<i>Value Experience</i>							
<i>Value Experience</i>							
<i>Value Experience</i>							
<i>Value Experience</i>							
<i>Value Experience</i>							
<i>Value Project</i>							

Young Womanhood Recognition _____
Date _____

In the boxes above, write the number of the experience you completed.



PERSONAL PROGRESS ACHIEVEMENT CERTIFICATE

As you complete the Value Experiences and Value Project for each Young Women value, you will receive an emblem.

Place it in the appropriate area below.



Faith



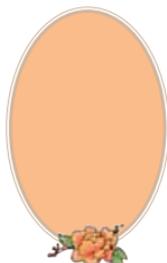
Divine Nature



*Individual
Worth*



Knowledge



*Choice and
Accountability*



Good Works



Integrity



COMPLETION OF PERSONAL PROGRESS

I have completed the requirements necessary to receive the Young Womanhood Recognition. As I continue to progress, I will make and keep sacred temple covenants, keep the commandments, serve others, and develop and share my gifts and talents. I will strengthen the home and family.

Signature of young woman

Date

RECOMMENDATION FOR YOUNG WOMANHOOD RECOGNITION

Name

has completed all the requirements necessary to receive the Young Womanhood Recognition. She lives the standards of The Church of Jesus Christ of Latter-day Saints as stated in *For the Strength of Youth* and has strengthened her testimony of the gospel of Jesus Christ. She is committed to keeping her baptismal covenants and is preparing to make sacred temple covenants.

Signature of bishop or branch president

Date





*Stand ye in
holy places,
and be not moved,
until the day
of the Lord come.*

(D&C 87:8)

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

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