

## Don't "CHEET" yourself! Watch General Conference!

Conference can be full of Personal Progress experiences! Here are some ideas for optional goals under each value:

**Faith** - Increase your love, understanding and testimony of Jesus Christ. Take notes during a session of conference and only write what is specifically said about Jesus Christ in each talk. Write your testimony of the Savior in your journal after you review your notes.

**Divine Nature** - Encourage your father and brothers (age 12+) to attend the General Priesthood session of conference. Help them by preparing their clothing for this occasion-- iron their shirts/pants and clean their shoes. Write your feelings in your journal after you complete the task.

**Individual Worth** - Read the talks from the General Young Women's meeting found in the May Ensign following conference. Highlight, or write down what the leaders have said about your worth. Write your feelings about what you have read in your journal.

**Knowledge** - Make a list of scriptures quoted in one session of General Conference. Memorize one scripture that applies to you. Keep the list in your journal or your scriptures.

**Choice & Accountability** - After you listen to a session of conference think about the topics discussed and choose one area in your life in which you can improve. Write your commitment to change in your journal and read it often. Pray to have the strength to make this change.

**Good Works**-In preparation for General Conference, help your parents by cleaning 3 rooms in your home. Encourage your family to complete all chores before conference weekend so that it can be a relaxing, no-work weekend.

**Integrity** - Listen for information from our leaders on ways that we can strengthen our families. Pick one way that you think your family can be strengthened and set a goal to do your part to make it happen. Discuss your goal with your parents and put a plan into action.

**Virtue** - As you listen to Conference, make a list of ideas that are presented to you or one that you think of that will help you be virtuous. Record these ideas in your personal journal. Decide on a few to incorporate into your daily life. Make a plan for yourself and reminders or quotes from the conference talks that inspire you to make these changes or new habits. Display the quotes or reminders in places you will see them regularly.