

# Young Women in Excellence

## Personal Progress Jeopardy

### True or False

1. You can work on Personal Progress online now, if you wish. (true)
2. A young woman may work on the values in any order. (true)
3. Mothers can work on personal progress and have their daughter initial when they have completed a value or project. (true—but mothers may not receive their Young Womanhood Recognition Award before their daughter)
4. Regularly attending sacrament meeting and participating in seminary are part of the Personal Progress requirements. (true) (7 requirements for completing Personal Progress: attend sacrament meeting regularly, live the standards in *For the Strength of Youth*, complete the value experiences and value projects, keep a personal journal, attend seminary, read the Book of Mormon regularly, record your testimony of the Savior Jesus Christ)
5. The value of choice and accountability is represented by the color green. (false—orange)

### Fill-in-the-Blank

1. The Personal Progress book is the color \_\_\_\_\_. (pink)
2. A project must consist of at least \_\_\_\_\_ hours. (10)
3. Personal Progress will help you strengthen your faith in and \_\_\_\_\_ of Jesus Christ. (testimony)
4. Personal Progress will help you strengthen both your present \_\_\_\_\_ and your future \_\_\_\_\_. (family)
5. When you have completed all of the personal progress value experiences and projects, record your \_\_\_\_\_ of the Savior Jesus Christ. (testimony)

### Values

1. How many values are there and what are they? (8 values—Faith, Divine Nature, Individual Worth, Knowledge, Choice & Accountability, Good Works, Integrity, & Virtue)
2. What color represents the value of divine nature? (blue)
3. What is the newest value and when was it announced? (Virtue, November 28, 2008)
4. What color represents the value of individual worth? (red)
5. What does virtue mean? (to have the moral courage to make actions consistent with my knowledge of right and wrong—to be honest with yourself and others—to do the right thing even when no one is watching)

### The Personal Progress Program

1. Who do you have initial when you have completed an experience or project? (parent, leader, adult)
2. How many projects do you have to complete in Personal Progress? (8—1 for each value)

3. How many experiences do you need to complete for each value? (6—3 required and 3 additional)
4. What do you receive once you have completed Personal Progress? (Young Womanhood Recognition certificate and medallion)
5. How many personal progress experiences are recommended to be completed each month? (at least 1) and how many projects are recommended to be completed each year? (2)

### That's Personal

1. What is your favorite thing about Personal Progress?
2. How has Personal Progress helped you in your life?
3. What is your favorite value in Personal Progress and why?
4. What can you do to help others with their Personal Progress?
5. How do you think Personal Progress can help strengthen your family?

### Press Your Luck

1. What is the Young Women motto? (Stand for Truth and Righteousness")
2. The Young Women logo is a torch surrounded by the Young Women motto. What does the logo mean? (the torch represents the light of Christ, inviting all to "come unto Christ". It invites all young women to make a commitment to hold up their light by being an example and remaining worthy to make and keep sacred covenants and receive the ordinances of the temple.)
3. What are the 3 different symbols for Beehive, Mia Maid, and Laurel? (beehive, rose, laurel wreath)
4. You can earn an Honor Bee after completing your personal progress experiences and projects. What are the 2 requirements for earning an honor bee? (read the Book of Mormon again, serve others for a total of 40 hours (part of these hours should be used in helping someone else with personal progress))
5. Who said the following? "Give me a young woman who loves home and family, who reads and ponders the scriptures daily, who has a burning testimony of the Book of Mormon. Give me a young woman who faithfully attends her church meetings, who is a seminary graduate, who has earned her Young Womanhood Recognition Award and wears it with pride! Give me a young woman who is virtuous and who has maintained her personal purity, who will not settle for less than a temple marriage, and I will give you a young woman who will perform miracles for the Lord now and throughout eternity."  
(President Ezra Taft Benson)

### Bonus Question for both teams at the end (have them write down their answer):

1. What is the purpose of Personal Progress? (to help strengthen your faith in and testimony of Jesus Christ as you learn His teachings and regularly apply them in your life, to help strengthen both your present family and future family, to help you prepare to make and keep sacred covenants and receive the ordinances of the temple, to prepare you to be a faithful, contributing member of The Church of Jesus Christ of Latter-day Saints)