Happiness does not depend on what happens outside of you but on what happens inside of you.

President Harold B. Lee

I am an individual, loved and valued by my Heavenly Father and my family.

I have something to share that can help others.

I can develop my talents in a way that can bring real satisfaction to me.

I have the power and responsibility to change and direct my life into ways of righteousness and happiness.

As a Latter-Day Saint Young Woman, I have special opportunities and help to accomplish my goals.