


Personal Progress Worksheet for Value Experiences

 = Memorize

 = Time requirement



 = Record in your Journal

Choice & Accountability


Required Experience 1

- A daughter of God can make wise decisions and solve problems. Read the following scriptures:
 - 1 Nephi 15:8
 - 2 Nephi 32:3
 - Alma 34:19–27
 - Ether 2–3
 - 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.
- Parent or Leader Signature: _____ Date: _____

Required Experience 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.
- Parent or Leader Signature: _____ Date: _____

Required Experience 3

- Read about agency in the following scriptures:
 - 2 Nephi 2
 - 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.
- Parent or Leader Signature: _____ Date: _____