


## Personal Progress Worksheet for Value Experiences




 = Memorize

 = Time requirement



 = Record in your Journal

### Integrity


#### Required Experience 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 the personal progress 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.
- Parent or Leader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### Required Experience 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.
- Parent or Leader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### Required Experience 3

- Study the lives of several individuals in the scriptures who lived with integrity. Read the following scriptures:
  - Genesis 39
  - The Book of Esther
  - Daniel 3 and 6
  - Acts 26
  - Doctrine and Covenants 124:15
  - 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.
- Parent or Leader Signature: \_\_\_\_\_ Date: \_\_\_\_\_