

The Biggest Gainer

Host:

Welcome to the season finale of the Biggest Gainer! It has been an amazing journey to get to this point for our contestant. Tonight we find out if she will be the biggest gainer. Now lets bring her out... its (name of contestant).

Welcome (name of contestant), how are you feeling tonight?

Contestant:

I'm a little nervous. This is a big night. I just hope I have done enough.

Host:

Could you imagine when you started that you would make it this far?

Contestant:

I really wanted to. I know God will not give me anything I can't handle. I just wish that He didn't trust me so much. It seemed so impossible at first, but as the weeks went by, I got more confident that I could do it.

Host:

Lets take a look back at before you became a contestant on the Biggest Gainer. Take a look at your application video:

Video:

(Leaving Primary, laying on the couch eating potato chips, etc)

Contestant voiceover:

"Dear Biggest Gainer,

I am really stuck in a rut. I just turned 12 last week and had to leave primary. I now am considered a "YOUNG WOMAN" and am realizing that don't have a clear direction on what I need to do now. I think I am lacking direction and have let myself slip into a bit of a funk. I know that I am not progressing like I should, but now I am in over my head. Please Biggest Gainer, Help me change my life"

Host:

So what do you think of that?

Contestant:

Wow that seems like a really long time ago. I can't believe that was me. I know I am never going to be like that again... this program has truly changed my life. I now have direction and confidence. I remember the first time I opened my Personal Progress book, to be honest, it seemed a little overwhelming.8 values, 3 required, 3 electives and one 10 hour project per value...that made me feel...dizzy. I didn't think it was possible to get all that done in 6 years. I mean...I did have life outside of church.

Host:

Let's take a look back at your journey:

Video:

Shots:

Contestant as a mess

Trainer talking to contestant

Reading scriptures

Praying

Raising hand in lessons

Contestant Voiceover:

"When started the program I was a real mess, I needed to work on the fundamentals. Luckily my trainer, (Name of Trainer), was able to help me. She was tough... but I needed that.

Trainer talking to contestant (anywhere)

Hey There, nice to meet you. My name is Jillian and I've been assigned as your personal progress trainer. A few things you need to know up front. I don't mess around when it comes to Personal Progress. It takes work, but it can be fun too....and I like to have clean, honest fun! I want to help you become the best-developed young woman you can be. You already have a set of scriptures, which is great, but there are some other recourses out there that will really help you. Here is the "For the Strength of the Youth Pamphlet" and I took the liberty of getting you a subscription to "The New Era Magazine". Both of these will help you to successfully navigate through the next 6 years of your life. All you need to do is read them, and follow the instructions!

"First Up.....You need to develop daily, righteous routines. When you do small things consistently, they become part of who you are and they change you. So we are going to start with the basics. Grab your scriptures...."

Contestant voiceover:

Once I got the fundamentals down and they became good habits, they became the foundation for gaining values. These included reading scriptures, prayer, and paying attention to and participating in my church and seminary lessons. There were times that I needed some pushing.

Trainer: "Give me one more verse... just one more verse... You'll never make it through if you don't read" Don't be content with being average. Average is as close to the bottom as it is to the top."

Contestant voiceover

"Once I got some of the fundamentals down, I could really dig into the program.

Trainer

“Personal progress is not a program that is separate and apart from your life. It is a tool that you can use to draw closer to the Savior, serve others, be anxiously engaged in good works, learn leadership skills, develop relationships with others, and prepare for temple covenants. Now let's get started at the beginning... Faith (Opens personal progress book)

Shots:

Walking into Church, Saying Prayers, Paying Tithing.

(Interview setup) Contestant:

My trainer helped me to see that faith really is an action word. Going to Church, Saying your prayers... I had no idea! Even fasting and paying tithing... there are so many things that take faith.

Jillian helped me to see that living gospel principles requires faith. Faith is the foundation. Exercising faith is how we grow a testimony and helps us to understand and gain other values.

Shots:

I am a child of God, Rocking a Baby.

Divine Nature was not as difficult. From the time I was a baby I was told that I was a Child of God and somehow I have always known it was true. Developing the attributes that go along with that knowledge came fairly naturally. I did find it interesting that even though I knew I was a daughter of God, I had a lot of trouble with Individual Worth...

Shots:

Watching smart person in school

Watching athletic person run by

Looking at and throwing away fashion magazine

I have always had a self-image problem. I never felt I was good enough. I always told myself that I wanted what everyone else had. I wanted to be smarter than this person, or more athletic than that person, skinnier than her, or play music or art or speak better than him... you get the idea... I kept comparing myself and it just made me depressed. I'm so lucky that my trainer had been there and understood how I was feeling.

(Jillian)

You think you know who you are now, but do you see the potential of what you can become?

Don't let comparisons get you down. Here's a quote I found that I think could help you:

“There is a natural, probably mortal, tendency to compare ourselves with others. Unfortunately, when we make these comparisons, we tend to compare our weakest attributes with someone else's strongest . . . Obviously these kinds of comparisons are destructive and only reinforce the fear that somehow

we don't measure up.” *Marvin J. Ashton May 1989 Ensign, page 20*

The comparisons that I was making were unhealthy. We can't all be the best at everything, but each of us have been given the gifts and talents we need to succeed. If we work on improving

what we have been given, instead of focusing on what we don't have, we are so much better off!

Shots

Trainer getting her up for seminary

Saying no to friends to do homework

Wanting something and looking at budget worksheet

Knowledge covers a lot of things. There are so many things we are expected to learn. From School to Seminary to home, I thought my brain might explode. I had a hard time getting up for Seminary and I really needed my trainer to get me motivated.

"Early morning Seminary makes you stronger... Release time Seminary is for whimps trainer gets up for seminary, makes do homework, makes read scriptures I know now that not going out with my friends so I could finish my homework or learning to make and stick to a budget may not be the most fun now, but the knowledge I gain will help me in the future.

End of First Video Segment

Host:

You have seen (name of contestant) come a long way and we will continue when we come back...

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First Commercial

Ad for Personal Progress book by trainer

"You've seen it in use on the biggest gainer... now you can own a copy of the Personal progress book. You can use this book on your journey towards receiving your Young Womanhood Medallion. Use it to set goals and track your progress. The Personal progress book is specially designed to focus on important values and provide you with the important information you need. Get your personal progress book from your young women leaders and as a special bonus while they last, get For the Strength of the Youth as your special bonus. Filled with information to guide your life, For the Strength of Youth is the perfect companion for your Personal Progress book. Get yours today.

_--talk about new personal progress book

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Host:

Welcome back everyone, we have been watching (name of Contestant)'s journey through this season of the Biggest Gainer. (Name of Contestant), how does it feel to look back like this?

Contestant: It really shows how far I have come. There are just so many things I have gained from being in this program. I don't want to go back to being that person... I will never go back.

Host: Lets look at the final leg of your journey

Start of Second Video Segment

Shots walking in and out of mall... opening credit card bill

“Before I started the program I really liked the idea of choice... but I didn’t care too much for accountability. But like it or not these concepts go hand in hand.

Trainer and Contestant talk about making better choices. “You are the sum of all your choices. The choices that you make, and the experiences that you have being accountable for those choices, will shape you into the person that you are right now and the person you will become in the future. What choices can you change? Contestant: Well, my credit card bill was crazy expensive! I didn’t really need to buy all those shoes. How many shoes do I really need anyway? Next time, (payless) I could choose better. Contestant could go shopping at more affordable stores.

Accountability is simply the living with the consequences of the choices (good or bad) that you make everyday. That made me take a hard look at the choices I was making, and trying to make decisions that had consequences I could live with.

Good Works –
Planting a garden
Giving a plant
Giving away cookies
Thank you note
Giving a hug to someone that is down.

There are a lot of opportunities to do good works. There are a lot of people who need help... I guess it is just being in-tune to seeing the needs of those around you. But it is more than just going through the motions... You have to care... you can’t really be doing good works if your hearts not in it.

Integrity-

Contestant: I learned a lot about the value of integrity from my Young Woman’s advisor during one of her lessons. Before we had that lesson I really didn’t know what the word “Integrity meant” Sister so-and-so made it all make sense:

Teacher meeting with contestant:

I have a quiz that I would like you to take today: But before you start, let me tell you what I know about integrity:

“Being a person of integrity means you are solid, principled, true to your very best self. It means you always try to do what’s right even in tough situations. You know... I can easily spot . . . someone with integrity. They're honest. They do the right thing when nobody is watching. They keep their word. They repay their debts, and they clean up their own messes. They also accept responsibility for their actions. Integrity makes you whole and complete “

Okay, here’s the quiz:

Are You a Person of Integrity?

(Take this self-evaluation and decide for yourself.)

True	False	
☐	☐	I always try to do what is right, even when it is costly or difficult
☐	☐	I am true to my very best self.
☐	☐	I live up to the highest ethical standards.
☐	☐	I don't compromise my values by giving in to temptation.

Virtue

Contestant: Jillian told me that Virtue is new value that was just recently added to the Personal Progress Program. She told me that it was added as a reminder for to remain spiritually and physically pure in a world where moral values are eroding away.

Jillian:

‘Virtue “is a pattern of thought and behavior based on high moral standards”. “ (Contestant’s name), You have really been working hard. I’m proud of you! You have already made many good choices. Now it is up to you to continue those actions and establish them into a pattern that will keep you on this path throughout your life. Read from the best of books, listen to uplifting music and pick good friends that will make it easy to do the right thing. Decide now how you plan to keep your thoughts and actions virtuous. If you don’t make those decisions now, it is much easier to do something you will regret. If you dream of having a virtuous husband someday, remember that virtuous men are attracted to virtuous women. Making virtuous choices will help you succeed and lead you to the temple.

Contestant: I'll do the best that I can Jillian....I hope it's enough.

End of Second Video Segment

Host:

Don't go away. When we get back we are going to see if (Name of Contestant) is going to be the Biggest Gainer;

Second Commercial

Coming next season on the biggest Gainer. Watch as these new contestants work towards their goals.

Watch their transformation as they follow in the footsteps of these previous biggest gainer contestants. Just look at the transformations!

End of Second Commercial

Host:

This is the moment you have all been waiting for. (name of contestant), are you ready?

Contestant:

Lets do this!

(Contestant gets on scale)

Host:

(Name of contestant), at the beginning of this program you were already of infinite worth. This season you have been working to gain values. To be the biggest gainer, you will need to have gained 8 values. Your current value count is...

Scale beeps and finishes.

Host

Congratulations, you have completed your personal progress and have earned your Young Womanhood Recognition. You have started on a path that leads to eternal happiness!

Contestant

Thank you Thank you Thank you... this has changed my life forever

Host:

And we will see all of you on the newest season of the biggest gainer. Good night and keep completing those values.

Misc Shots

Church:

Walking Into Church (alone and with friends)
Walking into church with trainer looking on
Being pulled into church by trainer
Sitting in YW while lesson is being taught
Sitting in YW being distracting
Trainer helping raise hand, sit in front, etc
In Seminary classroom sleeping
In Seminary classroom paying attention
Trainer coaching on reading scriptures
Paying Tithing (Licking Tithing envelope and giving to bishop?)
Leaving Primary -
Playing Piano in YW
Integrity Test Sequence

Home

Slovenly on couch watching TV, texting, eating chips, etc
Alarm goes off and doesn't get out of bed
Sleeping at Noon
Alarm goes off and trainer gets her out of bed
Alarm goes off and she cheerfully gets up
Zoning out clicking on computer
Praying
Praying with Trainers Help
Reading Scriptures
Reading Scriptures with trainer cheering on
FHE
I AM a child of God sign
Read New Era
Reading Fashion Magazine
Trainer dumps fashion mags, hands New Era
Studying, Gets Text Message, Respond, Goes back to studying, Trainer cheers
Facebook all night
Credit card bill / Choice/Accountabililty sequence

School

Watching athletic person/people run (or coming in second)
Getting a B on test while person in front gets A

Other

Goes into mall, comes out with shopping bags

