

Using Personal Progress Value Experiences in Mutual/Camp

Many of the Personal Progress Value Experiences can easily be adapted to Mutual or Camp activities. You may choose to print only the Table of Contents for a list of these experiences, or you can print the entire 9 page document, which includes the full text of each Experience.

Here is a list of each experience categorized by the amount of follow up required or the type of activity:

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Value Experiences that could be adapted for use in Mutual Activities / Lessons

Faith 2

Discover the principles of faith taught by the mothers of Helaman's stripling warriors. Read [Alma 56:45–48](#) and 57:21. Review what "The Family: A Proclamation to the World" (see page 101) says about a mother's role. With a mother, grandmother, or leader, discuss the qualities a woman needs in order to teach children to have faith and to base their decisions on gospel truths. How can these principles help you in your life today and help you prepare to be a faithful woman, wife, and mother? Record your thoughts and feelings in your journal.

Faith 3

Living gospel principles requires faith. Read about faith in the Bible Dictionary or *True to the Faith*. Faith in the Savior Jesus Christ leads to action. Choose a principle such as prayer, tithing, fasting, repentance, or keeping the Sabbath day holy. In your own home or another setting, plan and present a family home evening lesson about how faith helps you live that gospel principle. If possible, ask a family member to share an experience that has strengthened his or her faith. Share your own experiences as well. In your journal write down one of those experiences and describe your feelings about faith.

Faith 6

Increase your understanding of the plan of salvation. Resources for study include [1 Corinthians 15:22](#); [Revelation 12:7–9](#); [2 Nephi 9:1–28](#); [11:4–7](#); [Doctrine and Covenants 76:50–113](#); [93:33–34](#); [Moses 4:1–4](#); and [Abraham 3:24–27](#). Draw or obtain a picture that depicts the plan of salvation, including the premortal existence,

birth, mortal life, death, judgment, and life after judgment. Using this picture, explain the plan of salvation to your class, your family, or a friend. Discuss how knowledge of the plan affects your actions, helps you understand your identity, and has strengthened your faith.

Divine Nature 1

What are some of the divine qualities of a daughter of God? Read "The Family: A Proclamation to the World" (see page 101); [2 Peter 1](#); [Alma 7:23–24](#); and [Doctrine and Covenants 121:45](#). In your own words, list the divine qualities discussed in your reading. Think about how you can discover and develop each of these qualities. Record your ideas in your journal.

Divine Nature 3

Make your home life better. For two weeks make a special effort to strengthen your relationship with a family member by showing love through your actions. Refrain from judging, criticizing, or speaking unkindly, and watch for positive qualities in that family member. Write notes of encouragement, pray for this family member, find ways to be helpful, and verbally express your love. Share your experiences and the divine qualities you've discovered with that family member or with a parent or leader.

Individual Worth 1

You are a daughter of Heavenly Father, who knows you and loves you. Read [Psalm 8:4–6](#); [Jeremiah 1:5](#); [John 13:34](#); [Doctrine and Covenants 18:10](#); [Abraham 3:22–23](#); and [Joseph Smith—History 1:1–20](#). Write in your journal how these scriptures teach you that Heavenly Father knows you, loves you, and is mindful of you.

Individual Worth 2

Learn about the importance of patriarchal blessings by studying about them in *True to the*

Faith and recent conference talks. Find out why they are given and who can give them. Discuss with a parent or Church leader how to prepare to receive a patriarchal blessing and how it can teach you of your worth and identity and be a guide throughout your life. If you have not received your blessing, prepare to receive it.

Individual Worth 4

You are preparing now to fulfill a unique mission on the earth. Read [Doctrine and Covenants 88:119](#). In your journal make a list of your hopes and dreams for your future home, family, and education and some important things you would like to accomplish in your life, including becoming a wife and mother. Then write a plan that will help you achieve your goals. Share this plan with a family member, leader, or friend.

Individual Worth 5 (also in Camp section)

Participate in a dance, speech, music, or drama performance at school, in your community, or at church. How did your participation in this activity strengthen your feelings of individual worth and self-confidence? Record your thoughts in your journal.

Individual Worth 7 (Good for Young Women in Excellence)

Heavenly Father has given you special gifts. Read [1 Corinthians 12:4–12](#); [13](#); [Moroni 7:12–13](#); [10:8–18](#); and [Doctrine and Covenants 46:11–26](#). Ask a family member, a Young Women leader, and a friend to write down positive qualities the Lord has given you. List your gifts in your journal, and write how you can continue to develop these gifts and use them to serve your family and others.

Knowledge 1

Learn about the importance of gaining knowledge by reading [Proverbs 1:5](#); [4:7](#); [2 Nephi 28:30](#); and

[Doctrine and Covenants 88:78–80](#), [118](#); [90:15](#); [130:18–19](#); [131:6](#). Think about why you need to gain knowledge and understanding about how to apply gospel principles to your present and future home and family life. Write in your journal what you have learned about knowledge, and discuss it with a family member or Young Women leader.

Knowledge 2

In your journal list talents you have and others you would like to develop. Read [Matthew 25:14–30](#). Learn a new skill or talent that will help you care for your own future family or home (for example, playing the piano, singing, budgeting, time management, cooking, sewing, or child care). Share with your family, class, or Young Women leader what you have learned.

Knowledge 3

Memorize Article of Faith number thirteen and recite it to a parent, a leader, or another adult. Then visit a museum or exhibit or attend a performance that involves dance, music, speech, or drama. Using this article of faith as a guide, evaluate what you saw and heard. In your journal write your thoughts about how you can use this article of faith as a guide for all you do so the Holy Ghost will be your constant companion. Share those thoughts with a parent or leader.

Knowledge 4

Select a gospel principle you would like to understand better (for example, faith, repentance, charity, eternal families, or baptismal covenants). Read scriptures and the words of latter-day prophets that relate to the principle. Prepare a five-minute talk on the subject and give the talk in a sacrament meeting, in a Young Women meeting, to your family, or to your class. Record in your journal how you can apply this gospel principle in your life.

Knowledge 5

Learn about an area of work or service that interests you. Talk to someone who works in that field and find out what that person's job responsibilities are, what training or education the person obtained to do the job, and what contributions this person's job makes to society. Record your findings in your journal.

Choice and Accountability 3

Agency, or the ability to choose, is one of God's greatest gifts to His children. Read about agency in [Joshua 24:15](#); [2 Nephi 2](#); and [Doctrine and Covenants 82:2–10](#). With a parent or leader, discuss the blessings and responsibilities of agency. Record in your journal your understanding of agency and the consequences of choices and actions.

Choice and Accountability 4

Read about repentance in [Isaiah 1:18](#); [Alma 26:22; 34:30–35](#); [Moroni 8:25–26](#); and [Doctrine and Covenants 19:15–20](#); [58:42–43](#). Record in your journal what repentance means to you. Study the process of repentance, pray for guidance, and apply the principles of repentance in your life.

Choice and Accountability 5

The Holy Ghost will help you make correct choices. With a parent, leader, or friend, learn more about the Holy Ghost by reading and discussing [Ezekiel 36:26–27](#); [John 14:26](#); [16:13](#); [Galatians 5:22–25](#); [2 Nephi 32:5](#); [Moroni 10:4–5](#); and [Doctrine and Covenants 11:12–14](#). Then record in your journal how the Holy Ghost can help you make good decisions in your daily life. Pray for and live worthy of the constant companionship of the Holy Ghost.

Choice and Accountability 6

Study the Young Women theme and what it

teaches you about who you are, what you are to do, and why you are to do it. List in your journal what you will do each day with regard to modesty, dating, and the media to be morally clean and worthy to enter the temple. Record in your journal how these choices will help you remain free and happy.

Good Works 4

Teach a lesson about service in family home evening or in another setting. Use pictures, music, examples, or demonstrations in your lesson. You may want to use the manual *Teaching, No Greater Call* as a resource.

Good Works 6

Spend at least three hours giving service outside your family. Ask your ward or branch Relief Society president or a community leader for suggestions for service. For example, you might take care of children while parents attend the temple; collect, make, or recondition toys or games for a nursery; accept an assignment to clean the meetinghouse; or perform errands for or read to a homebound person or others in need. Record in your journal the reactions of the person you served and possible goals for future service opportunities.

Integrity 2

Conduct a self-assessment of your personal integrity. Ask yourself the following questions: Do I avoid gossip, inappropriate jokes, swearing and profanity, and being light-minded about sacred subjects? Am I completely truthful, morally clean, honest, dependable, and trustworthy in my schoolwork and other activities? Pray daily for strength and for the guidance of the Holy Ghost to help you live with integrity. Write in your journal the things you can do to improve your personal integrity and at least one new habit you want to develop.

Integrity 3 (also in Camp section)

The Savior is the perfect example of integrity; He did what He promised the Father He would do. Read [3 Nephi 11:10–11](#). Study the lives of other individuals in the scriptures who lived with integrity. Read [Genesis 39](#); the book of Esther; [Job 2:3; 27:3–6](#); [Daniel 3](#) and 6; [Acts 26](#); [Doctrine and Covenants 124:15](#); and [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 easy or popular. Share your experience and your feelings about it in a testimony meeting or lesson or with a parent or leader.

Integrity 4

Look up the word *integrity* in a dictionary. Interview your mother, grandmother, or another woman you respect about her understanding and application of the word. Make a list of ways you can make your actions consistent with your knowledge of right and wrong, and record in your journal what it means to you to have integrity.

Virtue 1

Virtue is a pattern of thought and behavior based on high moral standards. It includes chastity and purity. The power to create mortal life is an exalted power God has given His children. He has commanded that this power be used only between a man and a woman, lawfully wedded as husband and wife. Study the meaning and importance of chastity and virtue by reading [Moroni 9:9](#); [Jacob 2:28](#); “The Family: A Proclamation to the World” (see page 101); and the section on sexual purity in *For the Strength of Youth*. Also read Article of Faith number thirteen and [Proverbs 31:10–31](#). In your journal write the promised blessings of being sexually clean and pure and your commitment to be chaste.

Virtue 2

Virtuous living “at all times and in all things, and in all places” qualifies you for the constant companionship of the Holy Ghost. When you are baptized and confirmed, you are given the gift of the Holy Ghost to guide all aspects of your life. Since the Holy Ghost does not dwell in unclean tabernacles, living a virtuous life is a prerequisite to having the companionship of the Holy Ghost and receiving the blessings of temple ordinances. Read the following scripture references and identify the promised blessings: [John 14:26–27](#); [15:26](#); [2 Nephi 32:1–5](#); and [Doctrine and Covenants 45:57–59](#); [88:3–4](#); [121:45–46](#). In your journal record what you have learned, and write about a time when you felt the guidance of the Holy Ghost.

Virtue 3

Prepare to be worthy to enter the temple and to participate in temple ordinances. Read Alma chapter 5. Make a list of the questions Alma asks. Answer the questions for yourself, and make a list of the things you can and will do to prepare yourself to be pure and worthy to enter the temple and receive all the blessings our Heavenly Father has promised His beloved daughters.

Virtue 4 (See also Divine Nature 4)

Because the Savior loves you and has given His life for you, you can repent. Repentance is an act of faith in Jesus Christ. Read [Moroni 10:32–33](#), the book of Enos, and the section on repentance in *For the Strength of Youth*. The Savior’s atoning sacrifice has made it possible for you to be forgiven of your sins. Read the sacrament prayers in [Doctrine and Covenants 20:77, 79](#). Determine to partake worthily of the sacrament each week and fill your life with virtuous activities that will bring spiritual power. As you do this, you will grow stronger in your ability to resist temptation, keep the commandments, and become more like Jesus Christ. Determine what you can do daily to

remain pure and worthy, and write your plan in your journal.

Activity Would Require 2 Week Follow-up

Divine Nature 2

As a young woman you are blessed with divine feminine qualities. Increase your understanding of and appreciation for womanhood. Read [Proverbs 31:10–31](#) and two talks on womanhood from a conference issue of the Church magazines. Review what “The Family: A Proclamation to the World” (see page 101) says about being a wife and a mother. Then ask your mother or another mother you admire what she thinks are important attributes for being a mother. List the attributes in your journal. Then choose one of those attributes and strive to develop it. After two weeks report your success to a parent or leader.

Divine Nature 4 (See also Virtue 4)

Memorize the sacrament prayers in [Doctrine and Covenants 20:77, 79](#). During the sacrament, listen carefully to the prayers and think about what it means to take upon yourself the name of Jesus Christ and how doing this should affect your actions and decisions. Practice keeping your baptismal covenants. Begin by doing something each day to recognize and further develop your divine qualities and to help you always remember the Lord Jesus Christ. After two weeks record your experience in your journal.

Divine Nature 5

Obedience is an attribute of the Savior. Strive to be more obedient to your parents. Read [Luke 2:40–51](#) and [John 6:38](#). Develop a pattern of obedience as you make a special effort to treat your parents with respect and kindness and do what your parents ask you to do without having to be reminded. After two weeks record in your

journal how being more obedient motivated you to want to continue doing so and how it has helped you understand your divine nature and the divine roles of mothers and fathers.

Divine Nature 6

Develop your divine qualities. Read [Matthew 5:9](#); [John 15:12](#); [Galatians 5:22–23](#); [Colossians 3:12–17](#); [1 John 4:21](#); and [Moroni 7:44–48](#). Memorize your favorite verse from one of these passages. Identify the divine qualities mentioned in all these scriptures and list them in your journal. Select one quality, and for two weeks strive to make it a part of your daily life. Record your progress and experiences in your journal.

Divine Nature 7

Learn the definition of the word *peacemaker*. Then find and read five scriptures that teach about peacemakers. Become an example of a peacemaker in your home and at school as you refrain from criticizing, complaining, or speaking unkindly to or about others. Pray each morning and evening to Heavenly Father for help to do this. After two weeks write in your journal what new habits you want to develop, how being a peacemaker is part of your divine nature, and how you will continue to be a peacemaker.

Individual Worth 3

Read [Doctrine and Covenants 18:10](#) and 121:45. Do all you can to build others and make them feel of worth. Every day for two weeks notice the worthwhile qualities and attributes of others. Acknowledge them verbally or in writing. In your journal write what you have learned about the worth of individuals and how your own confidence grows when you build others.

Good Works 1

Learn why service is a fundamental principle of

the gospel. Read [Matthew 5:13–16](#); [25:34–40](#); [Galatians 6:9–10](#); [James 1:22–27](#); [Mosiah 2:17:4:26](#); and [3 Nephi 13:1–4](#). Others often give service you may not notice, such as preparing meals, reading to or listening to younger children, repairing clothing, or helping a brother or sister. For two weeks record in your journal the quiet acts of service your family members and others perform. Acknowledge their service in some meaningful way.

Activity Would Require 3 Week (or other) Follow Up

Faith 1

The first principle of the gospel is faith in the Lord Jesus Christ. Learn about faith from the scriptures and living prophets. Read [Hebrews 11](#); [Alma 32:17–43](#); [Ether 12:6–22](#); and [Joseph Smith—History 1:11–20](#). Read two general conference talks on faith. Exercise your own faith by establishing a habit of prayer in your life. Begin by regularly saying your morning and evening prayers. After three weeks of following this pattern, discuss with a parent or leader what you have learned about faith and how daily personal prayer has strengthened your faith. In your journal express your feelings about faith and prayer.

Faith 4

Learn more about the sacrament. Read about the Last Supper in [Matthew 26:26–28](#); [Mark 14:22–24](#); and [Luke 22:17–20](#). Establish a pattern of pondering during the sacrament by listening carefully to the sacrament hymn and prayers. Think about why we partake of the bread and water. After three weeks of following this pattern, write in your journal some of the promises you make as you partake of the sacrament and remember your baptismal covenants and what you do to keep those promises. Record in your journal how your understanding of these promises has strengthened your faith in the Savior.

Knowledge 6

Memorize two of your favorite hymns from the hymnbook. Learn the correct conducting pattern for the hymns (see *Hymns*, 383–85) and then conduct them at least two times at a family home evening, in a Young Women or other Church meeting, or at seminary. Read the scriptures listed at the bottom of each hymn.

Choice and Accountability 7 (Work on Faith 7 at the same time)

Making choices is part of Heavenly Father’s plan for us. Read [Moses 4:1–4](#); [7:32](#); and [2 Nephi 9:51](#). Establish a pattern of wise money management by making a budget for saving and spending your money, including the payment of tithing. Live within your budget for at least three months. Set priorities that allow you to meet your most important needs before satisfying your wants. Record in your journal what you have learned and how following these patterns will continue to bless your life.

Integrity 1

Integrity is the willingness and desire to live by our beliefs and standards. Read [Moroni 10:30–33](#) and think about what it means to “deny yourselves of all ungodliness.” Read the pamphlet *For the Strength of Youth*. Reflect on how the Lord’s standards differ from the world’s standards. Record in your journal appropriate standards for behavior, dress, and conversation, as well as literature, movies, television, Internet, music, cell phones, and other media. Also write your plan to stay morally clean and worthy to attend the temple. After keeping your standards for at least one month, record your feelings in your journal and continue to keep your commitment.

Integrity 5

Learn about standing as a witness. Read [Mosiah 18:9](#). Then record in your journal how you can

personally “stand as [a witness] of God at all times and in all things, and in all places.” Choose a personal behavior that you need to improve so you can be a better example. Develop integrity in your life as you practice your new behavior for three weeks. Record your progress in your journal.

Good for Girls' Camp

Faith 5

Increase your understanding of the Atonement of Jesus Christ by reading [Isaiah 53:3–12](#); [John 3:16–17](#); [Romans 5](#); [2 Nephi 9:6–7, 21–26](#); [Alma 7:11–13](#); [34:8–17](#); and [Doctrine and Covenants 19:15–20](#). In your journal write your feelings about the Savior and what He has done for you. Share your feelings in a testimony meeting.

Individual Worth 5 (also in Mutual section)

Participate in a dance, speech, music, or drama performance at school, in your community, or at church. How did your participation in this activity strengthen your feelings of individual worth and self-confidence? Record your thoughts in your journal.

Knowledge 7

At Young Women camp you learn skills in first aid, safety, sanitation, and survival. Review these teachings in your *Young Women Camp Manual* and note in your journal how you could apply them in your home to keep your family safe. Develop a list of basic supplies your family will need in case of an emergency. Teach a family home evening lesson or share with a Young Women leader what you have learned and what additional skills you would like to learn to be prepared for emergencies.

Integrity 3 (also in lesson section)

The Savior is the perfect example of integrity; He did what He promised the Father He would do. Read [3 Nephi 11:10–11](#). Study the lives of other individuals in the scriptures who lived with integrity. Read [Genesis 39](#); the book of Esther; [Job 2:3](#); [27:3–6](#); [Daniel 3](#) and 6; [Acts 26](#); [Doctrine and Covenants 124:15](#); and [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 easy or popular. Share your experience and your feelings about it in a testimony meeting or lesson or with a parent or leader.

Adaptable as lesson topics

Faith 7 (Work on Choice and Accountability 7 at the same time)

The Lord has commanded us to pay tithing. Read [Doctrine and Covenants 119](#) and [Malachi 3:8–12](#). Since obedience to the law of tithing is an evidence of your faith, pay a full tithe. After three months record in your journal how paying tithing has helped your faith grow. List blessings in your life, both large and small, that have come because of your faith in the principle of tithing.

Individual Worth 6

When you participate in family history, you come to understand your identity and individual worth. Visit with your living relatives to learn as much information about your family history as possible. Then complete a pedigree chart of your family and list the temple ordinances that have been completed for each person.

Choice and Accountability 1

A daughter of God can make wise decisions and solve problems. Read [1 Nephi 15:8](#); [2 Nephi 32:3](#); [Alma 34:19–27](#); [Ether 2–3](#); and [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 leader how regular scripture study and prayer helped you make correct decisions.

Choice and Accountability 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 choose to live those standards. Practice living righteous standards by choosing three standards 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, language, or honesty. After three weeks share your progress with your family, your class, or a leader.

Good Works 2

Service is an essential principle of family living. Help plan your family's menus, obtain the food, and prepare part of the meals for two weeks. During that time help your family gather to share mealtimes. Report to your class what you have learned.

Good Works 3

Read [Mosiah 18:7–10](#), and in your journal list three ways you can comfort others or help them bear their burdens. Do the things on your list, and tell a family member or leader about the experience and how your attitude and understanding have changed.

Good Works 5

Read [Doctrine and Covenants 58:26–28](#). Think of ways a young woman, as well as a wife and mother, could apply this scripture in her family.

Develop a pattern of service in your life by choosing a family member you can help. Serve that person for at least a month. Record in your journal your actions and feelings about how this improved your relationship with that person.

Good Works 7

Through your good works, others will see your example and may want to know more about the gospel. Pray for a missionary experience. Read [Matthew 24:14](#); [28:19](#); and [Doctrine and Covenants 88:81](#). Invite a friend who is not a member of the Church or one who is less active to go with you to a Church meeting or activity. Introduce your friend to others, and make sure he or she is involved. Share your testimony of the gospel, and invite him or her to come again.

Integrity 6

Living the law of the fast is an opportunity to practice integrity. On a designated fast Sunday, abstain from food and drink for two consecutive meals and contribute to your family's fast offering. Have a specific purpose in mind as you fast. You might fast for a sick friend, to overcome a bad habit, to obtain a special blessing for yourself or someone else, or to give thanks. Begin and close your fast with a prayer.

Integrity 7

List the issues, trends, and problems that weaken the family. Read the First Presidency message on page 1 of this book, "The Family: A Proclamation to the World" (see page 101), and the section on family in *For the Strength of Youth*. Then research in the Church magazines the counsel of those whom we sustain as prophets, seers, and revelators. Write in your journal your plan to strengthen your present family and the values and traditions you want to establish with your future family.