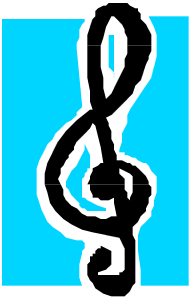


Worthy Thoughts

“Let virtue garnish thy thoughts unceasingly (D&C 121:45)



Ways to Control your Thoughts:

Surround yourself with beautiful art, literature, and people

Attend and create wholesome activities

Music - sing a song when bad thoughts enter

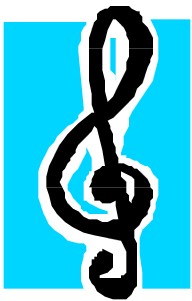
Think of others - how to love, serve, and share the Gospel with them

Challenge: This week I will _____

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