



"My young sisters, we have such hope for you. We have such great expectations for you. Don't settle for less than what the Lord wants you to be" (Ezra Taft Benson, "To the Young Women of the Church," *Ensign*, Nov. 1986, p. 84).

4. Modesty is a must. Everything about your appearance, your speech, and your demeanor should bespeak that you are a literal spirit son or daughter of Heavenly Father. If we truly understand the significance of our bodies in our Father's plan, we will show great honor for our bodies. When you dress and act modestly, others will treat you with respect.

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.