

Personal Progress at a Glance

Value	Description	Reading <i>(see key at back)</i>	Discuss	Share	Journal	Time
<i>Faith</i>						
1	Pattern of personal prayer	NT, BoM, PoGP, CT	parent or leader		X	3 wks
2	Women teach principles of faith	BoM, FP	woman		X	< 1 hr
3	Faith in action	BD, TttF		FHE	X	> 1 hr
4	Pondering the sacrament	NT			X	3 wks
5	Understanding the Atonement	OT, NT, BoM, D&C		testimony meeting	X	~1 hr
6	Understanding the plan of salvation	NT, BoM, D&C, PoGP		class, family, friend		> 1 hr
7	Committing to pay tithing	OT, D&C			X	3 m.
<i>Divine Nature</i>						
1	Divine qualities of a daughter of God	FP, NT, BoM, D&C			X	< 1 hr
2	Divine feminine qualities of motherhood	OT, CT, FP	a mother	parent or leader	X	2 wks
3	Improve home and strengthen relationship			family, parent, leader		2 wks
4	Memorize sacrament prayers	D&C			X	2 wks
5	Obey your parents	NT			X	2 wks
6	Develop divine qualities (memorize scripture)	NT, BoM			X	2 wks
7	Being a peacemaker	5 scriptures of choice			X	2 wks
<i>Individual Worth</i>						
1	Heavenly Father knows and loves you	OT, NT, D&C, PoGP			X	< 1 hr
2	Patriarchal blessings	TttF, CT	parent or leader			~1 hr+
3	Build others worth	D&C		verbal or writing	X	2 wks
4	Writing your life mission plan	D&C		family, parent, leader	X	< 1 hr
5	Participate in a public performance				X	varies
6	Family history pedigree chart					~1 hr+
7	Special gifts	NT, BoM, D&C	parent, leader, & friend		X	< 1 hr
<i>Knowledge</i>						
1	Importance of gaining and applying knowledge	OT, BoM, D&C	family or leader		X	< 1 hr
2	Developing talents that will enrich your family	NT		family, class, YW	X	varies
3	Memorize AF #13, attend cultural event			parent or leader	X	varies
4	Study a gospel principle and how to apply it	scriptures & CT of choice		5 minute talk	X	varies
5	Job exploration		person of choice		X	varies
6	Conducting 2 hymns	Scripture cited below hymns		YW, FHE, seminary		< 1 hr
7	Emergency preparations	YW Camp Manual		FHE or leader		~ 1 hr

Choice & Accountability

1	Prayer, scripture study, & correct decisions	BoM, D&C	parent or leader			varies
2	Living righteous standards	FSoy		family, class, leader	X	3 wks
3	Blessings and responsibilities of agency	OT, BoM, D&C	parent or leader		X	< 1 hr
4	Understanding and applying repentance	OT, BoM, D7C			X	varies
5	Constant companionship of the Holy Ghost	OT, NT, BoM, D&C			X	< 1 hr
6	YW theme leading us to the temple	YW theme			X	< 1 hr
7	Wise money management	PoGP, BoM			X	3 m.

Good Works

1	Quiet acts of service	NT, BoM			X	2 wks
2	Serving at mealtime			class		2 wks
3	Comfort and bearing burdens	BoM		family or leader	X	varies
4	Service family home evening	your choice		FHE		varies
5	Serving another and building relationships	D&C			X	1 m.
6	3 hours of service outside your family				X	3 hrs
7	Missionary experience	NT, D&C		testimony with friend		varies

Integrity

1	Commit to keep standards and be temple worthy	BoM, FSoY			X	1 m. +
2	Self assessment of personal integrity				X	< 1 hr
3	Examples of integrity and courage	BoM, OT, D&C, PoGP		testimony	X	> 1 hr
4	Integrity Interview	dictionary	a woman you respect		X	< 1 hr
5	Standing as a witness of God	BoM			X	3 wks
6	Living the Law of the Fast					24 hrs
7	Plan to strengthen family	PPB, FP, FSoY, CT			X	< 1 hr

Virtue

1	Promised blessings of being chaste and pure	BoM, FP, FSoY, AF#13, OT			X	< 1 hr
2	Guidance of the holy ghost	NT, BoM, D&C			X	< 1 hr
3	Temple worthiness	BoM			X	< 1 hr
4	Daily repentance	BoM, FSoY, D&C			X	< 1 hr+
P	Read/study the Book of Mormon	BoM			X	varies

Key: OT= Old Testament, NT= New Testament, BoM= Book of Mormon, D&C= Doctrine and Covenants, PoGP= Pearl of Great Price, AF= Article of Faith, Fsoy= For the Strength of Youth, FP= The Family: A Proclamation to the World, CT- Conference Talks, TttF= True to the Faith, PPB= Personal Progress Booklet