

Personal Progress Value Experiences that use Conference Talks

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.

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”](#) 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.

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.

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.

Integrity

7– List the **issues, trends, and problems that weaken the family**. Read the [First Presidency message](#), “[The Family: A Proclamation to the World](#)”, 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**.
