PERSONAL PROGRESS IN 52 WEEKS

Working on Personal Progress everyday does not mean you have to complete a value experience of project every day. It is doing the little things. It is praying, reading your scriptures, pondering, self-evaluating yourself, making goals to be a better person, sharing your testimony, etc.

The purpose of Personal Progress is to make sure you are doing these things every day. These are things which will bring you happiness and eternal life. They prepare you to make and keep covenants in the temple; they prepare you to become a wife and mother; they prepare you to serve as a leader in the church. They help you become a disciple and leader of Christ.

So when you hear your leaders or parents tell you that you need to make Personal Progress apart of your life, that is what they mean. They do not mean you have to look at your Personal Progress booklet every day. They are asking you to develop the habits and principles it teaches. They are asking you to live a life which reflects the eight values: faith, divine nature, individual worth, knowledge, choice and accountability, good works, integrity, and virtue.

I know many girls stress about finishing Personal Progress because it requires so much. It does and I think it should. The only way to become and achieve something wonderful is through hard work. To those girls, please don’t be stressed. If you are doing the basics (prayer, scripture study, being kind, etc) every day, then you have no reason to worry about finishing Personal Progress. Take what you are already doing and incorporate it into the Personal Progress program.

If you are not use to doing this, then it may take some time in the beginning; but once you get the hang of it, it will become second nature to you.

This packet will break down all the Personal Progress experiences week by week and give you simple steps to complete each day. By the end of the year you will have finished all the Personal Progress requirements. Yes it really is that easy.

They will be simple tasks: read these scriptures, pray, help plan family meals, be kinder to your siblings, etc.

This might sound a little too simple, but remember “by small and simple things are great things brought to pass” (Alma 37:6). Personal Progress is no different, and it will change your life if you let it.

Good Luck!

Love, Pond
HOW TO USE THIS PACKET

One each page you will see something which looks like this:

**WEEK 1**

This week you will start Faith #1, Faith #7, Choice and Accountability #1, Choice and Accountability #7, and Integrity #1. You will also start reading the Book of Mormon for your Virtue project.

This may seem like a lot, but these experiences contain things you are already doing. Each day you will complete simple tasks, such as saying your prayers, reading your scriptures, keeping your standards, and keeping a budget, and paying a full tithe.

**Day 1:**
1. Pray (C&A #1; Faith #1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read Moses 4:1-4; 7:32 (C&A #7)
   2 Nephi 9:51 (C&A #7)

**Day 2:**
7. Pray (C&A #1; Faith #1)
8. Keep Standards (I #1)
9. Read Book of Mormon (Virtue Project)
10. Make and keep a budget (C&A #7)
11. Pay Full Tithe (F#7)
12. Read Hebrews 11 and Alma 32:17-43 (Faith #1)

**Day 3:**
1. Pray (C&A #1; Faith #1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read Ether 12:6-22 (Faith #1)
7. 2 Nephi 32:3 (C&A #1)

**Day 4:**
1. Pray (C&A #1; Faith #1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read JST 1:11-20 (Faith #1)
7. D&C 9:7-9 (C&A #1)

**Day 5:**
1. Pray (C&A #1; Faith #1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read 1 Nephi 15: 8; D&C 9:7-9 (C&A #1)

**Day 6:**
1. Pray (C&A #1; Faith #1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read Ether 2-3 (C&A #1)

**Day 7:**
1. Pray (C&A #1; Faith #1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read Alma 34:19-27 (C&A #1)

**Finished:** Nothing yet, but keep going!
**Still Working On:** Faith #1, Faith, #1, C&A #1, C&A #7, Integrity #1, and the Virtue Value Project.

**JOURNAL ENTRY FAITH #1**

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Pond’s Guide to Personal Progress
Week 1

This week you will start F#1, F#7, Choice and Accountability #1, Choice and Accountability #7, and Integrity #1. You will also start reading the Book of Mormon for your Virtue project.

This may seem like a lot, but these experiences contain things you are already doing. Each day you will complete simple tasks, such as saying your prayers, reading your scriptures, keeping your standards, and keeping a budget, and paying a full tithe.

Day 1:

1. Pray (C&A #1; F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read Moses 4:1-4; 7:32 (C&A #7)
   2 Nephi 9:51 (C&A #7)

Day 2:

1. Pray (C&A #1; F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read Hebrews 11 and Alma 32:17-43 (F#1)

Day 3:

1. Pray (C&A #1; F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read Ether 12:6-22 (F#1)
7. 2 Nephi 32:3 (C&A #1)

Day 4:

1. Pray (C&A #1; F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read JSH 1:11-20 (F#1)
7. D&C 9:7-9 (C&A #1)

Day 5:

1. Pray (C&A #1; F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read 1 Nephi 15: 8; D&C 9:7-9 (C&A #1)

Day 6:

1. Pray (C&A #1; F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read Ether 2-3 (C&A #1)

Day 7:

1. Pray (C&A #1; F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read Alma 34:19-27 (C&A #1)

Finished: Nothing yet, but keep going!
Still Working On: F#1, F#1, C&A #1, C&A #7, Integrity #1, and the Virtue Value Project.
WEEK 2

This week you will continue to pray, read scriptures, pay your tithing, keep your standards, and keep your budget.

You will also interview a woman about the role of motherhood. Then you will choose an attribute of a mother and start to develop it.

Day 1:

1. Pray (C&A #1; F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
   Pay Full Tithe (F#7)
5. Read Alma 56:45–48 and 57:21 (F#2)

Day 2:

1. Pray (C&A #1; F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Review the role of a mother in “The Family: A Proclamation to the World” (F #2/DN #2)

Day 3:

1. Pray (C&A #1; F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read a General Conference talk about womanhood (DN #2)

Day 4:

1. Pray (C&A #1; F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read another General Conference talk about womanhood (DN #2)

Day 5:

1. Pray (C&A #1; F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Read a Proverbs 31:10–31 (DN #2)

Day 6:

1. Pray (C&A #1; F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Talk to a mother about qualities need to teach children the gospel. Ask her how can these principles help you in your life today and help you prepare to be a faithful woman, wife, and mother? Take notes in your journal. Write your thoughts. (F#2)
   **In same interview:** Ask and discuss what thinks are important attributes for being a mother. List them in your journal. Chose one to develop. (DN #2)
Day 7:

1. Pray (C&A #1; F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Develop quality (DN #2)
7. Discuss with parent/leader how regular scripture study and prayer help you make correct decisions. (F#2)

Finished: F#2 and C&A #1
Still Working On: F#1, F#7, DN #2, C&A #7, I #1, and the Virtue Value Project.

Discussion Notes

Divine Quality I Will Develop
WEEK 3

This week you will continue to pray, read scriptures, pay your tithing, keep your standards, and keep your budget.

You will also read “The Family: A Proclamation to the World” and parts of “For the Strength of Youth.”

You will also discuss with an adult how daily prayer and scripture study can help strengthen your faith.

Day 1:
1. Pray (F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Develop Divine Quality (DN #2)
7. Read 13th Article of Faith, Sexual purity in For the Strength of Youth
   In your journal write the promised blessings of being sexually clean and pure and your commitment to be chaste. (V #1)

Day 4:
1. Pray (F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Develop Divine Quality (DN #2)
7. Read the First Presidency message, section on family in For the Strength of Youth.

Day 5:
1. Pray (F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Develop Divine Quality (DN #2)
7. Read 2 Peter 1(DN #1)
8. List the issues, trends, and problems that weaken the family. 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. (I #7)

Day 6:
1. Pray (F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Develop Divine Quality (DN #2)
7. Read Alma 7:23–24; and Doctrine and Covenants 121:45. (DN #1)

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. (DN #1)

Day 7:

1. Pray (F#1)
2. Keep Standards (I #1)
3. Read Book of Mormon (Virtue Project)
4. Make and keep a budget (C&A #7)
5. Pay Full Tithe (F#7)
6. Develop Divine Quality (DN #2)
7. Discuss with parent/leader about Fand daily personal pray strengthens faith. Write in journal how you feel about Fand prayer. (F#1)

Finished: I #7, DN #1, F#1, and V #1
Still Working On: F #7, DN #2, C&A #7, I #1, and Virtue Project.

Journal Entry Divine Nature #2

Journal Entry Virtue #1

Journal Entry Faith#1
You will continue to read the Book of Mormon, keep a budget, keep your standards, develop a divine quality, and pay your tithing.

You will start Divine Nature #3 and Divine Nature#5

Keep up the great work! Remember how amazing you are!

Day 1:

1. Read the Book of Mormon (Virtue Project)
2. Keep a budget (C&A #7)
3. Keep Standards (I #1)
4. Develop quality (DN #2)
5. Make Home Life Better (DN #3)
6. Pay Full Tithe (F#7)
7. Be Obedient to Parents (DN #5)
8. Read Luke 2:40–51 (DN #5)

Day 2:

1. Read the Book of Mormon (Virtue Project)
2. Keep a budget (C&A #7)
3. Keep Standards (I #1)
4. Pay Full Tithe (F#7)
5. Develop quality (DN #2)
6. Make Home Life Better (DN #3)
7. Be Obedient to Parents
8. Read John 6:38 (DN #5)

Day 3:

1. Read the Book of Mormon (Virtue Project)
2. Keep a budget (C&A #7)
3. Keep Standards (I #1)
4. Pay Full Tithe (F#7)
5. Develop quality (DN #2)
6. Make Home Life Better (DN #3)
7. Be Obedient to Parents
8. Read Doctrine and Covenants 119 and Malachi 3:8–12. (F#7)

Day 4:

1. Read the Book of Mormon (Virtue Project)
2. Keep a budget (C&A #7)
3. Keep Standards (I #1)
4. Pay Full Tithe (F#7)
5. Develop quality (DN #2)
6. Make Home Life Better (DN #3)
7. Be Obedient to Parents (DN #5)
8. Read Moroni 10:30–33

Day 5:

1. Read the Book of Mormon (Virtue Project)
2. Keep a budget (C&A #7)
3. Keep Standards (I #1)
4. Pay Full Tithe (F#7)
5. Develop quality (DN #2)
6. Make Home Life Better (DN #3)
7. Be Obedient to Parents (DN #5)

Day 6:

1. Read the Book of Mormon (Virtue Project)
2. Keep a budget (C&A #7)
3. Keep Standards (I #1)
4. Pay Full Tithe (F#7)
5. Develop quality (DN #2)
6. Make Home Life Better (DN #3)
7. Be Obedient to Parents (DN #5)

Day 7:

1. Read the Book of Mormon (Virtue Project)
2. Keep a budget (C&A #7)
3. Keep Standards (I #1)
4. Pay Full Tithe (F#7)
5. Develop quality (DN #2)
6. Make Home Life Better (DN #3)
7. Be Obedient to Parents (DN #5)
8. Report your divine quality success to a parent or leader (DN #2).
9. Record your feelings in your journal and continue to keep your commitment (I #1).
Finished: DN #2 and I #1
Still Working On: F#7, DN #3, DN #5, and C&A #7, and the Virtue Project

Journal Entry for Integrity #1
WEEK 5

Great job working on Personal Progress. You are doing an amazing job!!!! Keep up the wonderful work.

This week you will finish DN #3 and DN #5

You will also start DN #6 and DN #7

Day 1:

1. Keep a budget (C&A #7)
2. Pay Full Tithe (F#7)
3. Make Home Life Better (DN #3)
4. Be Obedient to Parents (DN #5)
5. Read Matthew 5:9; John 15:12; Galatians 5:22–23; Colossians 3:12–17; 1 John 4:21; and Moroni 7:44–48. List Divine Qualities in each and strive to develop one. (DN #6)
6. Strive to be a peacemaker (DN #7)

Day 2:

1. Keep a budget (C&A #7)
2. Pay Full Tithe (F#7)
3. Make Home Life Better (DN #3)
4. Be Obedient to Parents (DN #5)
5. Develop quality (DN #6)
6. Strive to be a peacemaker (DN #7)
7. Read five scriptures about peacemakers/learn definition (DN #7)

Day 3:

1. Keep a budget (C&A #7)
2. Pay Full Tithe (F#7)
3. Make Home Life Better (DN #3)
4. Be Obedient to Parents (DN #5)
5. Develop quality (DN #6)
6. Strive to be a peacemaker (DN #7)

Day 4:

1. Keep a budget (C&A #7)
2. Pay Full Tithe (F#7)
3. Make Home Life Better (DN #3)
4. Be Obedient to Parents (DN #5)
5. Develop quality (DN #6)
6. Strive to be a peacemaker (DN #7)

Day 5:

1. Keep a budget (C&A #7)
2. Pay Full Tithe (F#7)
3. Make Home Life Better (DN #3)
4. Be Obedient to Parents (DN #5)
5. Develop quality (DN #6)
6. Strive to be a peacemaker (DN #7)

Day 6:

1. Keep a budget (C&A #7)
2. Pay Full Tithe (F#7)
3. Make Home Life Better (DN #3)
4. Be Obedient to Parents (DN #5)
5. Develop quality (DN #6)
6. Strive to be a peacemaker (DN #7)
7. Write 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. (DN #5)
8. Share your experiences and the divine qualities you’ve discovered with that family member or with a parent or leader. (DN #3)

Finished: DN #3, DN #5
Still working On: F #7 DN #6, DN #7, and C&A #7
WEEK 6
This week you will finish DN #6 and #7. Huzzah! You are almost done with Divine Nature. Now all you need to do is finish the project. You will start by brainstorming ideas for your project this week.

Day 1:
1. Brainstorm DN project
2. Pay Full Tithe (F#7)
3. Keep a budget (C&A #7)
4. Develop quality (DN #6)
5. Strive to be a peacemaker (DN #7)
6. Read John 14:26–27; identify the promised blessings (V #2)

Day 2:
1. Brainstorm DN project
2. Pay Full Tithe (F#7)
3. Keep a budget (C&A #7)
4. Develop quality (DN #6)
5. Strive to be a peacemaker (DN #7)
6. Read John 15:26; identify the promised blessing (V #2)

Day 3:
1. Brainstorm DN project
2. Pay Full Tithe (F#7)
3. Keep a budget (C&A #7)
4. Develop quality (DN #6)
5. Strive to be a peacemaker (DN #7)
6. Read 2 Nephi 32:1–5; identify the promised blessing (V #2)

Day 4:
1. Brainstorm DN project
2. Pay Full Tithe (F#7)
3. Keep a budget (C&A #7)
4. Develop quality (DN #6)
5. Strive to be a peacemaker (DN #7)
6. Read Doctrine and Covenants 45:57–59; identify the promised blessing (V #2)

Day 5:
1. Brainstorm DN project
2. Pay Full Tithe (F#7)
3. Keep a budget (C&A #7)
4. Develop quality (DN #6)
5. Strive to be a peacemaker (DN #7)
6. Read D&C 88:3–4; identify the promised blessing (V #2)

Day 6:
1. Brainstorm DN project
2. Pay Full Tithe (F#7)
3. Keep a budget (C&A #7)
4. Develop quality (DN #6)
5. Strive to be a peacemaker (DN #7)
6. Read D&C 121:45–46; identify the promised blessing (V #2)
7. Write in journal what you have learned, and write about a time when you felt the guidance of the Holy Ghost. (V #2)

Day 7:
1. Brainstorm DN project
2. Pay Full Tithe (F#7)
3. Keep a budget (C&A #7)
4. Develop quality (DN #6)
5. Strive to be a peacemaker (DN #7)
6. Read D&C 121:45–46; identify the promised blessing (V #2)
7. Write in 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. (DN #7)

Finished: V #2, DN #6, and DN #7
Prepared For: DN project
Still Working On: F #7 and C&A #7
WEEK 7

This week you will continue to pay your tithing and keep a budget.

You will prepare your Divine Nature project and complete F #3 and Virtue #3

Day 1:
1. Pay Full Tithe (F#7)
2. Keep a budget (C&A #7)
3. Prepare for DN Project

Day 2:
1. Pay Full Tithe (F#7)
2. Keep a budget (C&A #7)
3. Prepare for DN Project
4. Read Alma 5 Alma chapter 5. (V #3)
5. List questions in Alma 5. 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. (V #3)

Day 3:
1. Pay Full Tithe (F#7)
2. Keep a budget (C&A #7)
3. Prepare for DN Project
4. Read about Fin the Bible Dictionary or True to the Faith. (F#3)
5. Prepare FHE Lesson on F(F#3)

Day 4:
1. Pay Full Tithe (F#7)
2. Keep a budget (C&A #7)
3. Prepare for DN Project
4. Prepare FHE Lesson on F(F#3)

Day 5:
1. Pay Full Tithe (F#7)
2. Keep a budget (C&A #7)
3. Prepare for DN Project
4. Prepare FHE Lesson on F(F#3)

Day 6:
1. Pay Full Tithe (F#7)
2. Keep a budget (C&A #7)
3. Prepare for DN Project
4. Prepare FHE Lesson on F(F#3)

Day 7:
1. Pay Full Tithe (F#7)
2. Keep a budget (C&A #7)
3. Prepare for DN Project
4. Give FHE Lesson on F(F#3)

Finished: F#3 and V #3
Still Working On: DN Project, C&A #7, and F #7

JOURNAL ENTRY VIRTUE #2
WEEK 8

This week you will continue to read the Book of Mormon, pay a full tithe, keep a budget, and work on your Divine Nature Project. By the end of the week you should be done with your Divine Nature Project!

This week you will start and complete Choice and Accountability #4 and Integrity #2.

Good luck this week!

Day 1:
1. Read the Book of Mormon (Virtue Project)
2. Pay Full Tithe (F#7)
3. Work on DN Project
4. Keep a budget (C&A #7)
5. Conduct a self-assessment of your personal integrity and answer the questions found in your Young Women Booklet for Integrity #2. Write about the areas you can improve in and list one habit you can work on (I #2)

Day 2:
1. Read the Book of Mormon (Virtue Project)
2. Pay Full Tithe (F#7)
3. Work on DN Project
4. Keep a budget (C&A #7)
5. Read Mosiah 18:9. Write about how you can stand as a witness. Pick one habit which can help you better stand as a witness of God and practice it today. (This habit could be one you thought of yesterday for Integrity #2) (I #5)

Day 3:
1. Read the Book of Mormon (Virtue Project)
2. Pay Full Tithe (F#7)
3. Work on DN Project
4. Keep a budget (C&A #7)
5. Work on habit (I #5)
6. Read Isaiah 1:18; Alma 26:22; 34:30–35 (C&A #4)

Day 4:
1. Read the Book of Mormon (Virtue Project)
2. Pay Full Tithe (F#7)
3. Work on DN Project
4. Keep a budget (C&A #7)
5. Work on Habit (I #5)
6. Read Moroni 8:25–26 (C&A #4)

Day 5:
1. Read the Book of Mormon (Virtue Project)
2. Pay Full Tithe (F#7)
3. Work on DN Project
4. Keep a budget (C&A #7)
5. Work on Habit (I #5)

Day 6:
1. Read the Book of Mormon (Virtue Project)
2. Pay Full Tithe (F#7)
3. Work on DN Project
4. Keep a budget (C&A #7)
5. Work on Habit (I #5)
6. Write about what repentance means to you. Apply it into your own life. (C&A #4)
Day 7:

1. Read the Book of Mormon (Virtue Project)
2. Pay Full Tithe (F#7)
3. Work on DN Project
4. Keep a budget (C&A #7)
5. Work on Habit (I #5)
6. Write about what repentance means to you. Apply it into your own life. (C&A #4)

Finished: C&A #4 and I #2 and Divine Nature Project!


Choice and Accountability #4
WEEK 9

This week you will continue to read the Book of Mormon, pay a full tithe, keep a budget, and work on your habit from Integrity #5.

This week you will start Faith #4.

You will also start and finish Faith #5.

Day 1:
1. Read the Book of Mormon (Virtue Project)
2. Pay full tithe (F#7)
3. Keep a budget (C&A #7)
4. Work on habit (I #5)
5. Read Matthew 26:26–28; Mark 14:22–24; and Luke 22:17–20 (F #4)
6. Ponder during the sacrament (F #4)

Day 2:
1. Read the Book of Mormon (Virtue Project)
2. Pay full tithe (F#7)
3. Keep a budget (C&A #7)
4. Work on habit (I #5)
5. Ponder During the sacrament (F #4)
6. Read Isaiah 53:3–12; John 3:16–17 (F #5)

Day 3:
1. Read the Book of Mormon (Virtue Project)
2. Pay full tithe (F#7)
3. Keep a budget (C&A #7)
4. Work on habit (I #5)
5. Ponder During the sacrament (F #4)
6. Read Romans 5; 2 Nephi 9:6–7, 21–26 (F #5)

Day 4:
1. Read the Book of Mormon (Virtue Project)
2. Pay full tithe (F#7)
3. Keep a budget (C&A #7)
4. Work on habit (I #5)
5. Ponder During the sacrament (F #4)
6. Read Alma 7:11–13; 34:8–17 (F#5)

Day 5:
1. Read the Book of Mormon (Virtue Project)
2. Pay full tithe (F#7)
3. Keep a budget (C&A #7)
4. Work on habit (I #5)
5. Ponder During the sacrament (F #4)
6. Read Doctrine and Covenants 19:15–20 (F#5)

Day 6:
1. Read the Book of Mormon (Virtue Project)
2. Pay full tithe (F#7)
3. Keep a budget (C&A #7)
4. Work on habit (I #5)
5. Ponder During the sacrament (F #4)
6. Write your feelings about the atonement. Share your testimony in a testimony meeting. (F #5)

Day 7:
1. Read the Book of Mormon (Virtue Project)
2. Pay full tithe (F#7)
3. Keep a budget (C&A #7)
4. Work on habit (I #5)
5. Ponder During the sacrament (F #4)
6. Share your testimony of the atonement in a testimony meeting. (F#5)
Finished: F #5
Still Working On: F #4, F #7, C&A #7, I #5, and the Virtue Project.

JOURNAL ENTRY FAITH #5
WEEK 10

This week you will continue to read the Book of Mormon, pay a full tithe, keep a budget, and work on your habit from Integrity #5, and ponder during the sacrament.

This week you will start and finish Faith #6. For this experience you will learn about and teach a lesson about the plan of salvation. With your leader’s approval, this can be for FHE, a short lesson to a friend, or maybe they will let you talk about it for a few minutes during Young Women or mutual.

Day 1:
1. Read the Book of Mormon (Virtue Project)
2. Pay full tithe (F#7)
3. Keep a budget (C&A #7)
4. Work on habit. Write about your progress (I #5)
5. Ponder during the sacrament (F #4)
6. Read 1 Corinthians 15:22; Revelation 12:7–9 (Faith #6)

Day 2:
1. Read the Book of Mormon (Virtue Project)
2. Pay full tithe (F#7)
3. Keep a budget (C&A #7)
4. Work on habit. Write about your progress (I #5)
5. Ponder during the sacrament (F #4)
6. Read 2 Nephi 9:1–28; 11:4–7 (Faith #6)

Day 3:
1. Read the Book of Mormon (Virtue Project)
2. Pay full tithe (F#7)
3. Keep a budget (C&A #7)
4. Work on habit. Write about your progress (I #5)

Day 4:
1. Read the Book of Mormon (Virtue Project)
2. Pay full tithe (F#7)
3. Keep a budget (C&A #7)
4. Work on habit. Write about your progress (I #5)
5. Ponder during the sacrament (F #4)
6. Read: Doctrine and Covenants 76:50–113; 93:33–34 (F #6)

Day 5:
1. Read the Book of Mormon (Virtue Project)
2. Pay full tithe (F#7)
3. Keep a budget (C&A #7)
4. Work on habit. Write about your progress (I #5)
5. Ponder during the sacrament (F #4)
6. Read: Moses 4:1–4; and Abraham 3:24–27

Day 6:
1. Read the Book of Mormon (Virtue Project)
2. Pay full tithe (F#7)
3. Keep a budget (C&A #7)
4. Work on habit. Write about your progress (I #5)
5. Ponder during the sacrament (F #4)
6. Find/draw a picture of the plan of salvation. Prepare to teach a lesson about it to your family, Young Women class, friends, etc. (F #6)
Day 7:

1. Read the Book of Mormon (Virtue Project)
2. Pay full tithe (F#7)
3. Keep a budget (C&A #7)
4. Work on habit. Write about your progress (I #5)
5. Ponder during the sacrament (F #4)
6. Find/draw a picture of the plan of salvation. Teach a lesson about it to your family, Young Women class, friends, ect. (F #6)

Finished: F #6 and I #5.
You are still working on F #4, F #7, C&A #7, and the Virtue Project.

FHE Lesson Plan