#1 **CHOOSE-WISELY**
“You can choose wisely and solve problems”

#2 **CHOOSE-HIGH STANDARDS**
“Develop a pattern of living righteous standards”

#3 **CHOOSE-AGENCY**
“One of God’s greatest gifts to his children”

#4 **CHOOSE-REPENTANCE**
“Learn about the importance of repentance”

#5 **CHOOSE-HOLY GHOST**
“The Holy Ghost helps us make good choices”

#6 **CHOOSE-YOUNG WOMEN’S**
“Living the gospel helps you remain free & happy”

#7 **CHOOSE-BUDGETING**
“Begin a money management pattern”

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**Choice & Accountability**

I will choose good over evil and will accept responsibility for my decisions.

Personal Progress

Complete 1-3 & choose 3 from 4-7 then...you only have to complete your project (there’s plenty of ideas to choose from on the second to the last page) and you have Choice & Accountability completed!!!

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#1 **CHOOSE-WISELY**

“You can choose wisely and solve problems”

A daughter of God can make wise decisions and solve problems. Read:

- 1 Nephi 15:8
- 2 Nephi 32:3
- Alma 34:19-27
- Ether 2-3
- Doctrine & Covenants 9:7-9

Follow a pattern of regular scripture study and prayer to receive help in making personal decisions such as choosing good friends, being kind to others, getting up on time, or other decisions.

### Week 1

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**Share**

- Discuss with a parent or leader how regular scripture study and prayer helped you make correct decisions.
Read the pamphlet For the Strength of Youth. List each standard of righteous behavior the pamphlet outlines, and record why it is important to choose to live those standards.

### For the Strength of Youth

<table>
<thead>
<tr>
<th>Agency &amp; Accountability</th>
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<td>Dating</td>
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<td>Physical &amp; Emotional Health</td>
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<td>Sabbath Day Observance</td>
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<td>Sexual Purity</td>
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<td>Tithes &amp; Offerings</td>
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<td>Work &amp; Self Reliance</td>
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<td>Go Forward with Faith</td>
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Practice living righteous standards by choosing three standards in which you need to improve. After 3 weeks share your progress with your family, class or leader. (You might choose to be more selective about television, music, books, or other media, or you might improve your modesty, language, or honesty.

### 3 Week Progress Chart

- **Week 1**
- **Week 2**
- **Week 3**

### Share

- Discuss with a parent or leader how regular scripture study and prayer helped you make correct decisions.

________________________
family member, parent or leader signature
Agency, or the ability to choose, is one of God’s greatest gifts to His children. Read about agency in:

- Joshua 24:15
- 2 Nephi 2
- Doctrine & Covenants 82:2-10

1. What are the blessings of Agency?

2. What are the responsibilities of Agency?

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<th>My Choices/Actions</th>
<th>My Consequences</th>
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Share

☐ I discussed the blessings and responsibilities of agency with a family member, parent or leader.

________________________________________
family member, parent or leader signature
Learn about the importance of repentance.

Read about repentance in:

- Isaiah 1:18
- Alma 26:22
- Alma 34:30-35
- Moroni 8:25-26
- Doctrine & Covenants 19:15-20
- Doctrine & Covenants 58:42-43

Questions:

1. What does repentance mean?
2. What does repentance mean to you in your life right now?
3. What is the process of repentance?

Apply

I am applying the principles of repentance in my life by...
The Holy Ghost will help you make correct choices. With a parent, leader, or friend, learn more about the Holy Ghost by reading and discussing:

- Ezekiel 36:26-27
- John 14:26
- John 16:13
- Galatians 5:22-25
- 2 Nephi 32:5
- Moroni 10:4-5
- Doctrine & Covenants 11:12-14

**Study**

List different ways the Holy Ghost testifies of truth.

Record in your journal a recent personal experience of how the Holy Ghost has helped you make good decisions.

The Holy Ghost helped me make a good decision recently when...

____________________________________________
____________________________________________
____________________________________________
____________________________________________

Pray for and live worthy of the constant companionship of the Holy Ghost.

When I prayed to live worthy of the Holy Ghost...

____________________________________________
____________________________________________
____________________________________________
____________________________________________
"WE ARE DAUGHTERS OF OUR HEAVENLY FATHER, WHO LOVES US, AND WE LOVE HIM. WE WILL ‘STAND AS WITNESSES OF GOD AT ALL TIMES AND IN ALL THINGS, AND IN ALL PLACES’ (MOSIAH 18:9) AS WE STRIVE TO LIVE THE YOUNG WOMEN VALUES, WHICH ARE:

FAITH, DIVINE NATURE, INDIVIDUAL WORTH, KNOWLEDGE, CHOICE AND ACCOUNTABILITY, GOOD WORKS, INTEGRITY AND VIRTUE.

"WE BELIEVE AS WE COME TO ACCEPT AND ACT UPON THESE VALUES, WE WILL BE PREPARED TO STRENGTHEN HOME AND FAMILY, MAKE AND KEEP SACRED COVENANTS, RECEIVE THE ORDINANCES OF THE TEMPLE, AND ENJOY THE BLESSINGS OF EXALTATION."

List what you will do each day with regards to the topics below.

<table>
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<th>MODESTY</th>
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<td>MORALLY CLEAN</td>
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<td>TEMPLE WORTHY</td>
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By making good choices daily I will remain free and happy because . . .

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
Making choices is part of Heavenly Father’s plan for us. Read:

- Moses 4:1-4
- Moses 7:32
- 2 Nephi 9:51

**Tithing**

Establish a pattern of wise money management by making a budget for saving and spending your money, including the payment of tithing. Live within your budget for at least three months. Set priorities that allow you to meet your most important needs before satisfying your wants.

### MY BUDGET PLAN

<table>
<thead>
<tr>
<th>Monthly Expense Items List</th>
<th>1st Month</th>
<th>2nd Month</th>
<th>3rd Month</th>
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<tr>
<td><strong>MONTHLY INCOME</strong></td>
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<td><strong>TITHING 10%</strong></td>
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**Monthly Expense Items List**

- **Tithing 10%**
- **Transportation**
  - Car Payment
  - Gas/Fuel
  - Auto Repairs
- **Entertainment**
  - Cable TV
  - Computer
  - Movies/Sports
  - Music/Videos
  - Hobbies
- **Utilities**
  - Power
  - Water
  - Trash
  - Phone (cell)
- **Personal**
  - Clothes/Shoes
  - Laundry
  - Toiletries
  - Cleaning Products

By staying within my budget it will bless my life by…

____________________________
____________________________
____________________________
____________________________
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PROJECT IDEAS

Choice & Accountability

- Compile quotes from General Authorities about Choice and Accountability
- Compile recipes for a cook book or recipe box
- Create a “Sunday Box” filled with ideas of appropriate family activities to do on the Sabbath. Use it each week at home.
- Create a day by day calendar with quotes from General Authorities
- Create a work of art
- Decorate your room on a budget
- Do your own laundry
- Enter a contest
- Go through the closet or personal music library and evaluate items based on the standards listed in For the Strength of Youth. Discard inappropriate items. Learn a song and sing/play it for church
- Hold a Conference party
- Learn how to dance
- Make a conference Binder
- Make Personal Progress reminders for Young Women’s
- Organize a “For the Strength of Youth Discussion Night” with all the youth in your ward
- Organize an alternative post-Prom party
- Organize and present a modesty fashion show
- Organize your closet
- Put together a devotional book
- Re-watch Conference and write in your journal how talks apply to Choice and Accountability
- Read “Using New Media to Support the Work of the Church” by Elder M. Russell Ballard and start a blog
- Read The Miracle of Forgiveness by Spencer W. Kimball and share impressions of the book with a parent or YW leader
- Sew an article of clothing
- Sew your own prom dress
- Sew your own temple dress
- Start a band
- Start a book club
- Start a routine of stress reducing activities
- Start a scripture study or discussion group
- Start and keep an exercise routine

Ideas for projects from: thepersonalprogresshelper.com
My Project is:

My plan to carry out my project is:

1. __________________________________________
   __________________________________________

2. __________________________________________
   __________________________________________

3. __________________________________________
   __________________________________________

4. __________________________________________
   __________________________________________

Choice & Accountability

Choose you this day whom ye will serve; . . . but as for me and my house, we will serve the Lord (Joshua 24:15).

I will choose good over evil and will accept responsibility for my decisions.

Evaluation:

My Choice & Accountability project . . . (include how you felt and how your understanding of Choice & Accountability increased)

________________________________________
________________________________________
________________________________________
________________________________________

parent or leader signature of project completion

_____________________________________
_____________________________________

hours spent