I am of infinite worth with my own divine mission, which I will strive to fulfill. Personal Progress

**INDIVIDUAL WORTH**

Remember-daughter
“You are a daughter of a loving Heavenly Father”

Remember-blessings
“Learn about Patriarchal Blessings”

Remember-others
“Building up others is a gift”

Remember-motherhood
“Plan for your unique mission”

Remember-share
“Sharing your talents blesses everyone”

Remember-family
“Your family history is special”

Remember-unique
“You have been blessed with unique gifts”

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 Individual Worth completed!!!
You are a daughter of a Heavenly Father who knows you and loves you. Read:

- Psalms 8:4-6
- Jeremiah 1:5
- John 13:34
- Doctrine & Covenants 18:10
- Abraham 3:22-23
- Joseph Smith-History 1:1-20

Write how these scriptures teach you that Heavenly Father knows you, loves you, and is mindful of you.
#2 REMEMBER-BLESSINGS
“Learn about Patriarchal Blessings”

☐ Read about patriarchal blessings in True to the Faith.
☐ Read a conference talk about patriarchal blessings.
☐ Read “About Patriarchal Blessings.”
☐ Why are patriarchal blessings given?

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Who can give a patriarchal blessing?

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How do you prepare to get a patriarchal blessing?

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How can It teach you of your worth and identity and be a guide throughout your life?

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#3 REMEMBER OTHERS

“Building up others is a gift”

Read:

☐ Doctrine & Covenants 18:10
☐ Doctrine & Covenants 121:45

Do all you can to build others and make them feel of worth. Notice the worthwhile qualities and attributes of others. Write a thank you note every day for 2 weeks to someone you know and thank them for something they did for you.

☐ Thank you note written to ____________________________________________
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#4 REMEMBER-MOTHERHOOD

"Plan for your unique mission"

You are preparing now to fulfill a unique mission on the earth.

☐ Doctrine & Covenants 88:119

Make a list of your hopes & dreams for your future home, family, and education and some important things you would like to accomplish in your life, including becoming a wife and mother. Then write a plan that will help you achieve your goals.

☐ My hopes & dreams for my future home are:

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☐ My hopes & dreams for my future family are:

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☐ My hopes & dreams for my education are:

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☐ Some important things I want to accomplish in my life are:

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☐ My plan to help me achieve my goals begins with:

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individual worth

follow me @ smileyourhappy.wordpress.com
#5 REMEMBER-SHARE

“Sharing your talents blesses everyone”

Participate in one or more of the following ways:

- [ ] dance
- [ ] speech
- [ ] music
- [ ] drama
- [ ] performance at school
- [ ] performance in the community
- [ ] performance at church

Write how your participation in this activity has strengthened your feelings of individual worth and self confidence.

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#6 REMEMBER-FAMILY

“Your family history is special”

When you participate in family history, you come to understand your identity and individual worth.

☐ try and complete a pedigree chart of your family, list temple ordinances that have been completed for each person.
☐ start writing your personal history.

My Personal History

1. What is your full name? Why did your parents choose this name for you?

2. When and where were you born?

3. How did your family come to live here?

4. Do you have other family members near here? who?

5. What is your bedroom like? Do you share a room?

6. What is your earliest memory?

7. Describe with one word the personalities of each of your family members.

8. What is your favorite thing to do for fun?

9. Do you have family chores? What are they? Which is your least favorite?
**#7 REMEMBER-UNIQUE**

“You have been blessed with unique gifts”

Heavenly Father has given you special gifts. Read:

- 1 Corinthians 12:4-12
- 1 Corinthians 13
- Moroni 7:12-13
- Moroni 10:8-18
- Doctrine and Covenants 46:11-26

Write down qualities the Lord has given you.

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Write how you can continue to develop these gifts and use them to serve your family and others:

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**PROJECT IDEAS**

**Individual Worth**

- Compile a book family testimonies, and record in your journal how your family’s heritage has blessed your life.
- Compile quotes from General Authorities about Individual Worth, and record your testimony of living prophets and apostles.
- Compile your own works of art, photography, poetry, or other accomplishments and ponder why creating helps you develop confidence.
- Create a day by day calendar with quotes from General Authorities on Individual Worth.
- Hold a "Princess Day Camp" for the activity day girls to help them know they are daughters of God and to develop confidence and testimony.
- Hold a party for watching General Conference with your family or fellow Young Women.
- Keep a daily journal for 6 months, and record why keeping a journal is important.
- Learn a song, and sing or play it in a church meeting. Ponder how music will help to develop self-confidence.
- Learn how good dancing will help you recognize your worth as a daughter of God, and practice making good choice about how to dance.
- Learn how to crochet, and record how developing talents will bless you in your endeavors and help you develop self-worth.
- Learn how to cross-stitch, and record how developing your talents can bless you in your life.
- Learn how to knit, and share how developing talents has helped you to gain greater self-worth.
- Learn how to play a musical instrument, and record how developing talents helps you to understand your worth.
- Make a book of remembrance, recording your own personal history. Think about the importance of keeping a personal history for your posterity.
- Make a conference Binder and take notes during General Conference about what the talks teach you about your individual worth.
- Make a portfolio of art you have done and record how developing talents has helped you to understand your individual worth.
- Memorize Your Patriarchal Blessing, and study what it teaches you about your divine mission.
- Organize and carry out an art fair for others to showcase their talents. Record how this helped develop confidence and self-worth in yourself and others.
- Participate in a choir or band, and record how you have become more confident as a result.
- Participate in a play or other dramatic performance, and record how doing so has helped you develop greater confidence.
- Participate in a sport or group activity, and record how doing so has helped you develop confidence and self-worth, and learn to support and work with others.
- Put together a book of devotionals to use in Young Women’s, Family Home Evening, Girls Camp, or Seminary.
- Read a book by a General Authority that teaches you about the importance of individual worth.
- Record family stories from your genealogy and set a goal to serve your ancestors by performing vicarious baptisms.
- Sew an article of clothing that reminds you that you are a daughter of God. Record how doing so has helped you to develop individual worth.
- Sew scripture bags to give to primary children, including your written testimony on the importance of self-worth.
- Start a band or other music group, and record how developing talents and unity have helped you to increase your friendships and self-worth.
- Start a club to develop friendships and unity, and record how doing so has helped you and others develop confidence and self-worth.
- Take an art class, and record how developing new skills and talents will bless you in your life and give you self-worth.
- Take lessons at a Family History Center and learn how to research your ancestors and perform baptisms for them in the Temple.
- Teach a class on a skill you’ve developed, and record how doing so has helped you and those you teach to develop stronger self-worth.
- Teach music lessons to those in your ward and community, and hold a recital. Record how you have been able to help your students develop self-worth.
- Transcribe and study ancestors Patriarchal blessings. Record how studying their blessings has helped you better understand your divine heritage and individual worth.
- Type up old family journals and study the importance of learning from our ancestors.
- Type up your old journal entries and ponder why recording your personal history will bless your posterity.
- Using your talents, create a meaningful gift to give to friends. Record how you are able to strengthen friendships and develop trust and self-confidence.
- Volunteer to help with activity days and help the girls recognize their individual worth.
- Write a book, play, short stories or poetry that teaches about individual worth.
- Write and illustrate a children’s story about developing individual worth.
- Write letters to missionaries asking them to share their experiences, and their testimonies of the worth of souls.

Ideas for projects from: thepersonalprogresshelper.com
Remember the worth of souls is great in the sight of God (D&C 18:10).

I am of infinite worth with my own divine mission, which I will strive to fulfill.

**My Project is:**

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My plan to carry out my project is:

1. __________________________________________

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**Evaluation:**

My Individual Worth project . . . (include how you felt and how your understanding of Individual Worth increased)

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