KNOWLEDGE
Seek learning, even by study and also by faith. (D&C 88:118).

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 KNOWLEDGE COMPLETED!!!

#1 SEEK-READING
“Gaining Knowledge by READING”

#2 SEEK-TALENTS
“List TALENTS you have & would like to have”

#3 SEEK-ART
“Recite the 13th Article of Faith”

#4 SEEK-THE GOSPEL
“Select a gospel principle to study”

#5 SEEK-EDUCATION
“Learn what job or service interests you”

#6 SEEK-HYMNS
“Memorize 2 hymns & conduct them twice”

#7 SEEK-SAFETY
“Learn first aid, safety & sanitation survival skills”
#1 SEEK-READING
“Gaining Knowledge by READING”

Learn about the importance of gaining knowledge by reading the following scriptures:

- Proverbs 1:5
- Proverbs 4:7
- 2 Nephi 28:30
- Doctrine & Covenants 88:78-80,118
- Doctrine & Covenants 90:15
- Doctrine & Covenants 130:18-19
- Doctrine & Covenants 131:6

Questions
Answer the following questions.

1. Why do you need to gain knowledge?

2. How can knowledge of the gospel help you now?

3. Will knowledge of gospel principles help you in your future home and family life? why?

Testify
Record what you have learned about knowledge below and discuss it with a family member or Young Women Leader.

_______________________________________________________________________________

_______________________________________________________________________________

_______________________________________________________________________________

- Share with your family, class, or Young Women leader what you have learned.
#2 SEEK-TALENTS
“List TALENTS you have & would like to have”

- Make a List of talents you already have and others you would like to develop

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- Read Matthew 25:14-30
- Learn a new skill (playing the piano, singing, budgeting, time management, cooking, sewing, or child care.)

MY NEW SKILL IS...

- Share with your family, class, or Young Women leader what you have learned.
“Recite the 13th Article of Faith”

WE BELIEVE IN BEING HONEST, TRUE, CHASTE, BENEVOLENT, VIRTUOUS, AND IN DOING GOOD TO ALL MEN; INDEED, WE MAY SAY THAT WE FOLLOW THE ADMONITION OF PAUL—WE BELIEVE ALL THINGS, WE HOPE ALL THINGS, WE HAVE ENDURED MANY THINGS, AND HOPE TO BE ABLE TO ENDURE ALL THINGS. IF THERE IS ANYTHING VIRTUOUS, LOVELY, OR OF GOOD REPORT OR PRAISEWORTHY, WE SEEK AFTER THESE THINGS.

☐ Memorize & recite the 13th Article of Faith to a parent, leader or another adult and have them sign below.

________________________________________________

signature of parent, leader or adult

☐ Visit a Museum or exhibit or attend a performance that involves dance, music, speech, or drama.

I visited or attended… ________________________________

Using this Article of Faith as your guide evaluate what you saw and heard and record your thoughts below.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

☐ Share with your family, class, or Young Women leader what you have learned.
"Select a gospel principle to study"

Select a gospel principle you would like to understand better (examples would be faith, repentance, charity, eternal families, or baptismal covenants).

I chose to study about... ________________________________

Make a list of scriptures, articles and words of latter-day prophets you read.

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

☐ Prepare a 5-minute talk on the subject chosen.

I shared my talk in... ________________________________

(sacrament meeting, Young Women's meeting, to my family, to my class)

Record how you can apply this gospel principle in your life.

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
Make a list of jobs or services that interest you below.

☐
☐
☐
☐
☐

Check the box next to the one which interests you most. Find someone who works in that field and interview them.

I interviewed...  ____________________________________________________________

Interview questions—(NEVER ask them how much money they make)

1. What training/education have you received?

2. Describe your normal day?

3. What is one thing that surprised you about your career?

4. What is the most exciting part about being a ________________?

5. What least excites you about being a ________________?

6. What advise would you give someone looking to be a ________________?

Extra Notes:

Record how this has helped you decided if this is something you would be interested in or not and why.

____________________________________

____________________________________

____________________________________
Seek-Hymns

“Memorize 2 hymns & conduct them twice”

Memorize 2 of your favorite hymns

Hymn #1 ____________________________________________
Hymn #2 ____________________________________________

Conducting Patterns:

![Pattern Diagrams]

Pattern for hymn #1 _______  Pattern for hymn #2 _______

I conducted hymn #1 in... ____________________________________________
  (sacrament meeting, Young Women’s meeting, family home evening, seminary class)

I conducted hymn #1 in... ____________________________________________
  (sacrament meeting, Young Women’s meeting, family home evening, seminary class)

I conducted hymn #2 in... ____________________________________________
  (sacrament meeting, Young Women’s meeting, family home evening, seminary class)

I conducted hymn #2 in... ____________________________________________
  (sacrament meeting, Young Women’s meeting, family home evening, seminary class)

☐ I read scriptures listed at the bottom of each hymn.
At Young Women camp you learn skills in first aid, safety, sanitation, and survival.

☐ Review the FIRST AID section in your Young Women Camp Manual pages 34-47.

Write down how you could apply what you learned in your home to keep your family safe.

_____________________________________

_____________________________________

_____________________________________

_____________________________________

Make a list of basic supplies that your family will need in case of an emergency.

_____________________________________

_____________________________________

_____________________________________

_____________________________________

_____________________________________

☐ Teach a Family Home Evening Lesson on what you have learned or share with a leader.

Record any additional skills you would like to learn to be prepared for emergencies.

_____________________________________

_____________________________________

_____________________________________

_____________________________________

☐ Prepare a 72 hour kits for yourself and each family member. (optional but IMPORTANT!)
PROJECT IDEAS

Knowledge

- Ask a parent, grandparent, or ward member to teach you basic cooking skills. You could invite your sisters, cousins, or young women in the ward. Make a recipe book, and cook one of the recipes.
- Be a youth leader at camp and make a real effort to prepare for it.
- Be the Young Women historian.
- Become CPR and/or First Aid certified.
- Collect your favorite scriptures and record your testimony of each one.
- Compile a family health history.
- Compile a Family recipe book.
- Compile quotes from General Authorities about Knowledge.
- Compile quotes from General Authorities about knowledge, and record your testimony of living prophets and apostles.
- Cook meals for your family.
- Create a blog featuring your personal testimony of the Gospel.
- Create a day by day calendar with quotes from General Authorities.
- Create a day by day calendar with quotes from General Authorities about Knowledge.
- Create a piece of art that portrays your testimony of the Gospel.
- Create a work of art.
- Create lesson plans for nursery.
- Grow a garden.
- Hold a Conference party.
- Hold a party for watching General Conference with your family or fellow Young Women.
- Interview friends, family, and ward members about how they gained a testimony of the Gospel, and create a video sharing those testimonies.
- Keep a health journal of your diet, exercise and mood.
- Keep a journal and write in it everyday.
- Keep a regular scripture journal, recording your impressions as you read.
- Keep a scripture journal and write in it everyday.
- Learn how to play a musical instrument.
- Learn sign language.
- Look at colleges you want to attend and compare them.
- Make a conference Binder.
- Make a conference Binder and take notes during General Conference about what the talks teach you about faith in Jesus Christ.
- Make a monthly newsletter for Young Women's.
- Make a portfolio of art you have done.
- Make a scrapbook.
- Make a scripture-of-the-day or word-of-the-day calendar. Have it spiral bound at a local office supply store.
- Make at least three of the Christmas gifts given away this year using a new skill. Girls could can jars of applesauce, make Christmas ornaments, or create pieces of jewelry.
- Make babysitting kits for the Young Women.
- Make Personal Progress reminders for Young Women's.
- Make something for the other Young Women.
- Make white hair scrunchies for the temple.
- Memorize "The Family: A Proclamation to the World".
- Memorize "The Living Christ".
- Memorize all 25 Scripture Mastery verses and record your testimony of the Gospel truths they teach.
- Memorize Scripture masteries.
- Organize and carry out a blood drive.
- Organize and carry out an art fair.
- Participate in a choir or band.
- Participate in a sport.
- Plan and carry out a carnival for primary children or children at a homeless shelter.
- Plan out healthy meals for your family.
- Put together a book of devotional to use in Young Women's, Family Home Evening, Girls Camp, or Seminary.
- Put together a devotional book.
- Re-watch Conference and write in your journal how talks apply to Knowledge.
- Read "Using New Media to Support the Work of the Church" by Elder M. Russell Ballard and start a blog.
- Read a book about the importance of gaining knowledge by a General Authority and record how your understanding of the Gospel has grown.
- Read a book by a General Authority.
- Read and study the Doctrine and Covenants.
- Read and study the New Testament.
- Read and study the Old Testament.
- Read stories from President Monson's life. Afterward, talk to a family member or a Young Women leader about what you learned and how knowing about his life can help you.
- Read the Work and the Glory series.
- Read the Work and the Glory series.
- Research and compile a list of possible careers.
- Sew a value pillow or quilt.
- Sew an article of clothing.
- Sew and tie quilts.
- Sew scripture bags to give primary kids when they're baptized, including your written testimony of the importance of studying the scriptures.
- Start a band.
- Start a book club.
- Start a routine of stress reducing activities.
- Start a scripture study or discussion group.
- Start an interest group.
- Start and keep an exercise routine.
- Take an AP class to help you prepare for college.
- Take an art class.
- Take charge of New Beginnings or Young Women in Excellence.
- Teach a class.
- Teach music classes and hold a recital.
- Teach something to a younger sibling.
- Train a dog.
- Train for a half marathon.
- Tutor someone for free.
- Visit a church history location and create a scrapbook based on the trip, highlighting the faith of church members of that time period, and the testimony you gained from that visit.
- Write a book, play, short stories or poetry.
- Write a children's book.
- Write a story, play, song, or poem about the importance of gaining knowledge and share it with friends and family.
- Write and illustrate a children's book.
- Write and illustrate a children's story, and read it to a primary class.
- Write letters to missionaries.
- Write letters to missionaries, asking them about the knowledge they gained before serving, and what they're learning now that they are serving.
- Write your own personal history.

Ideas for projects from:
thepersonalprogresshelper.com
My Knowledge project . . . (include how you felt and how your understand of Knowledge increased)