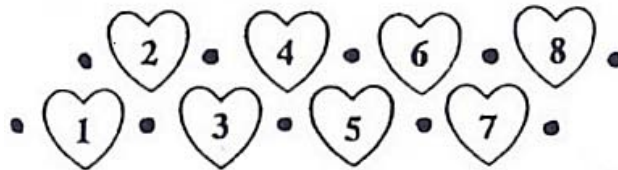


## Basic Requirements:

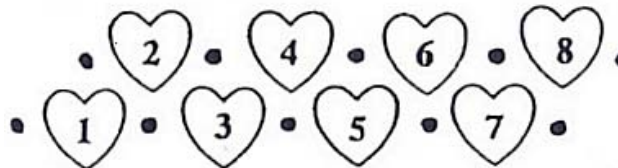
- ♡ Pray daily to Heavenly Father.
- ♡ Read the Scriptures Regularly.
- ♡ Keep the Commandments & live “My Gospel Standards” (back cover)
- ♡ Honor your parents and be kind to your family.
- ♡ Pay your tithing and attend tithing settlement.
- ♡ Attend sacrament meetings and Primary regularly.

## Complete TWO each year

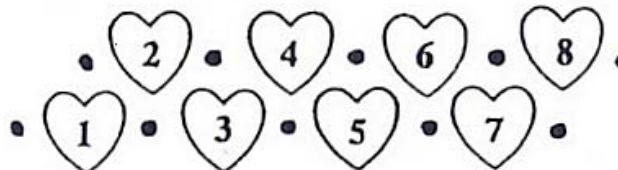
Learning & Living the Gospel:



Serving Others:



Developing Talents:



## Age 11: Complete all five

Preparing for  
Young Womens:



## Other Requirements:

- ♡ Write your testimony.
- ♡ Have an interview with your Bishop.

Memorize the Articles of Faith  
& explain what they mean:



# My Gospel Standards

\_\_\_ I will follow Heavenly Father's Plan for me.

\_\_\_ I will remember my baptismal covenant and listen to the Holy Ghost.

\_\_\_ I will chose the right. I know I can repent when I make a mistake.

\_\_\_ I will be honest with Heavenly Father, others, and myself.

\_\_\_ I will use the names of Heavenly Father and Jesus Christ reverently,  
I will not swear or use crude words.

\_\_\_ I will do those things on the Sabbath that will help me feel close to  
Heavenly Father and Jesus Christ.

\_\_\_ I will honor my parents and do my part to strengthen my family.

\_\_\_ I will keep my mind and body sacred and pure, and I will not partake  
of things that are harmful to me.

\_\_\_ I will dress modestly to show respect for Heavenly Father and myself.

\_\_\_ I will only read and watch things that are pleasing to Heavenly  
Father.

\_\_\_ I will only listen to music that is pleasing to Heavenly Father.

\_\_\_ I will seek good friends and treat others kindly.

\_\_\_ I will live now to be worthy to go to the temple, serve a mission, and  
do my part to have an eternal family.