You Have a Purpose

Your Heavenly Father and His Son, Jesus Christ, know you and love you. You are an important part of Their work. You can help to make the world better.

Heavenly Father has given you talents and spiritual gifts. He wants you to use these gifts and talents to be happy and bless others. He can help you know how to do that through the Holy Ghost.

This personal development guidebook can help you as you develop your gifts and follow Jesus Christ. You can become the person Heavenly Father knows you can be.
You Are a Precious Child of God

You came to earth from heaven. You are part of a family.

You covenant to follow Jesus Christ when you are baptized and when you take the sacrament.

When you are confirmed, you receive the gift of the Holy Ghost to guide you.

You Are a Precious Child of God

You once lived with Heavenly Father, who knows everything and loves everyone. He wants you to be like Him! He gave you a body, abilities, and spiritual gifts. He wants you and all of His children to discover and develop these gifts. He gave us a plan to help us be happy and bless others.
Heavenly Father sent His Son, Jesus Christ, to be the example and make it possible for you to repent and change.

You can learn and grow. You can love and serve others as Jesus would.

You can find joy and peace when you choose to live as Jesus would.

You can make covenants in the temple that will help you live with Heavenly Father again.

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How Can You Follow Jesus?
When Jesus was your age, He learned and grew. You are learning and growing too. The scriptures say:

“Jesus increased in wisdom and stature, and in favour with God and man.”

Luke 2:52
SPIRITUAL

“Favour with God”
Show Heavenly Father that you love Him. You can learn about Him, pray, read scriptures, and choose the right.

PHYSICAL

“Stature”
Take care of your body and the things around you. You can eat healthy food, work and play, and take care of your home.

SOCIAL

“Favour with . . . man”
Help the people around you. You can love your family, learn to love and serve others, and make friends.

INTELLECTUAL

“Wisdom”
Learn new things, and use what you learn to help others. You can study at home, church, and school.
Heavenly Father has given you gifts and talents. You can pray to learn what they are and what you can work on right now.

Find ideas on pages 44–61.

Think about what you have learned and how it has helped you follow Jesus. Celebrate! Thank Heavenly Father for how you’ve grown. Find ways to use what you have learned to serve others. Keep going with this idea, or choose something new to work on!
After you discover how you want to grow, pray and talk to your family about how to do it. Make a plan. Your parents and leaders can help you.

After you make your plan, try it out! Take small steps. Learn with others through service and activities. Have fun! Pray for help, and change your plan if you need to. Keep trying!
I am good at:
- Making my brother laugh
- Riding my bike
- Drawing

I want to get better at:
- Math
- Making friends
- Soccer

I want to learn to:
- Play guitar
- Cook my favorite meal

What did you learn? How did working on this help you follow Jesus? How can you use this to serve others? Write about what you did and how you felt.

I did it! Grandma said it was as good as Dad’s! I followed Jesus by serving Grandma.
I will keep practicing with new recipes.

Celebrate!
How will you celebrate your growth?
I want to learn to cook my favorite meal. Dad knows how, so I will ask him to teach me. Jesus fed people, and I can too. I want to cook for Grandma because it would make her happy.

Cooking is hard! I used too much salt on my first try. Dad says it’s hard to get it right the first time. I’ll keep trying.
What do you feel you should learn or try?
What do you do well? What do you want to do better?
Choose one thing to do.

What did you learn? How did working on this help you follow Jesus? How can you use this to serve others?
Write about what you did and how you felt.

Celebrate!
How will you celebrate your growth?
What steps or actions can you take? Who can help you? How can this help you follow Jesus?

Work on your plan. Do your best. How are you feeling about what you are learning?

- Great! I’m getting better and want to keep going.
- I need help.
- I want to try something else.
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Discover Plan
Act
Reflect
Seek the help of the Holy Ghost

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Ideas for Growing in All Areas of Life

The following pages have ideas for how you can follow the Savior and grow in all areas of your life. You do not have to use these—the best ideas may be your own! Pray about what you can work on right now.

You can find more ideas at ChildrenandYouth.ChurchofJesusChrist.org.
Ideas for Spiritual Growth

Read the Book of Mormon Every Day
Make a habit of reading every day, even if it is just a few verses.

Prepare to Go to the Temple
Learn and live “My Gospel Standards” (page 63), and invite others to do the same.

What Are Your Ideas?

____________________

____________________

____________________

____________________
Learn the Articles of Faith
Memorize the Articles of Faith (page 62), and learn what they mean.

Improve Your Prayers
Before you pray, think about what you are grateful for and what you need help with.

Thank Heavenly Father for Your Blessings
Write down three things you are thankful for. Try to write three new things each day.
Ideas for Spiritual Growth

Keep the Sabbath Day Holy
Decide what you can start doing or stop doing to make the Sabbath a special day.

Serve Someone
Look for ways to help someone in your family, at school, or at church.

Do Family History
Write a letter to a grandparent, aunt, or uncle. Ask them to tell you a story about when they were your age.
Share the Gospel
Talk to a friend about the gospel. Invite your friend to church or to an activity.

Teach the Gospel
Teach your favorite scripture story to your family. Act it out or draw pictures to help you teach.

Sing a Primary Song
Sing with a family member. Notice how listening to good music makes you feel.
Ideas for Social Growth

Learn about the Family
Read “The Family: A Proclamation to the World,” and talk to your parents about what you learned.

Show Love to Your Family
Do something nice for people in your family.

What Are Your Ideas?


Learn about Other Cultures
Read about other cultures, talk to people from other countries, or go to a cultural celebration near you.

Include Others
Find ways to spend time with or serve someone who might feel left out or who might need your friendship.

Serve Your Neighbors
With your parents or leaders, do something in your community to help people in need.
Idea for Social Growth

Learn about Your Community
Visit a police station, fire station, or other community service. Learn about what they do, and thank them for their service.

Learn to Apologize and Forgive
Act out situations where someone needs to apologize or forgive. Practice how to share your feelings and respond.

Make a New Friend
Introduce yourself to someone new, and invite the person to play with you.
Speak Kind Words
Practice using only words that would make someone happy, not sad. Talk about what you can say if someone says unkind words to you.

Control Your Temper
Practice calming down when you feel angry. For example, take deep breaths, count to 10, or imagine you are in a favorite place.

Welcome Others
Introduce yourself to someone new in your school, neighborhood, or ward or branch. Help this person meet other people.
Ideas for Physical Growth

What Are Your Ideas?

Learn to Cook
Help to prepare a healthy meal or snack. Share it with your family or friends.

Make Your Body Strong
Do something regularly to move your body, like sports, dance, exercise, or playing outside.
Show Respect for Your Body
Keep your body clean every day. Bathe regularly. Brush your teeth and care for your hair each day.

Care for Your Home
Do something to help make your home a nice place to live, such as cleaning, decorating, or yard work.

Take Care of the Things You Own
Ask your parents to teach you how to repair or take care of the things you use.
Ideas for Physical Growth

Learn a New Art Skill
Draw, paint, or sketch a picture, and give it to someone you love.

Learn a New Music Skill
Learn how to sing a song, play an instrument, or conduct music. Offer to share your skill in home evening or another activity.

Obey the Word of Wisdom
Read Doctrine and Covenants 89 to see what Heavenly Father promises if you keep the Word of Wisdom. Decide how you can better live it.
Enjoy Time Outdoors
Go on a walk or hike with family or friends to explore the world around you.

Share Your Talents
Share one of your talents with someone who is lonely.

Prepare for Emergencies
Make a plan with your parents or leaders for what to do in an emergency.
Ideas for Intellectual Growth

Learn about Tithing
Learn why it is important to pay tithing. Give ten percent of your income to the Lord.

Improve Your Reading Skills
Read a book about a new subject, or read a book that is longer than you normally read.

What Are Your Ideas?


Learn How to Be Safe Online
Make a list of your family’s rules for using the internet or apps.

Learn Something New
Choose something you’re interested in, and learn everything you can about it.

Attend or Watch Cultural Events
Visit a museum or cultural event in your area. Talk to your friends or family about something new you learned.
Learn about Different Jobs
Visit someone you know at their work to learn what they do and how things work.

Learn about People You Admire
This could be a person you know or someone from history or the scriptures. Decide how you can be more like them.

Learn How to Make Good Choices
All choices have consequences, which are things that happen as a result of what you do. Make a list of some choices and their consequences.
Learn a New Language
Learn to say *hello* and other basic words in another language. Practice with someone who speaks that language, if possible.

Improve Your Memory
Memorize a favorite scripture, poem, or song.

Write a Story
Write a story about your life or about a family member.
The Articles of Faith

1 We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost.

2 We believe that men will be punished for their own sins, and not for Adam's transgression.

3 We believe that through the Atonement of Christ, all mankind may be saved, by obedience to the laws and ordinances of the Gospel.

4 We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; fourth, Laying on of hands for the gift of the Holy Ghost.

5 We believe that a man must be called of God, by prophecy, and by the laying on of hands by those who are in authority, to preach the Gospel and administer in the ordinances thereof.

6 We believe in the same organization that existed in the Primitive Church, namely, apostles, prophets, pastors, teachers, evangelists, and so forth.

7 We believe in the gift of tongues, prophecy, revelation, visions, healing, interpretation of tongues, and so forth.

8 We believe the Bible to be the word of God as far as it is translated correctly; we also believe the Book of Mormon to be the word of God.

9 We believe all that God has revealed, all that He does now reveal, and we believe that He will yet reveal many great and important things pertaining to the Kingdom of God.

10 We believe in the literal gathering of Israel and in the restoration of the Ten Tribes; that Zion (the New Jerusalem) will be built upon the American continent; that Christ will reign personally upon the earth; and, that the earth will be renewed and receive its paradiacal glory.

11 We claim the privilege of worshiping Almighty God according to the dictates of our own conscience, and allow all men the same privilege, let them worship how, where, or what they may.

12 We believe in being subject to kings, presidents, rulers, and magistrates, in obeying, honoring, and sustaining the law.

13 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.

Joseph Smith.
My Gospel Standards

Gospel standards help you act in ways Jesus would. They may give you ideas for new activities to plan and do.

- I will follow Heavenly Father’s plan for me.
- I will remember my baptismal covenant and listen to the Holy Ghost.
- I will choose 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 read, watch, and listen only to things that are pleasing to Heavenly Father.
- I will listen only 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 and do my part to have an eternal family.
Resources

*Personal Development: Youth Guidebook*

*Personal Development: Children’s Guidebook*

*For the Strength of Youth*

*Children and Youth Website*
   ChildrenandYouth.ChurchofJesusChrist.org

*Gospel Living App*
   Available for Android and Apple mobile devices