

ATTRIBUTE ACTIVITY

Read each item below carefully. Decide how true that statement is about you, and choose the most appropriate response from the response key. Write your response to each item in your study journal. Spiritual growth is a gradual process, and no one is perfect, so you should expect to rate yourself better on some items than on others.

Response Key 1 = never 2 = sometimes 3 = often 4 = almost always 5 = always

Faith

- ___ 1. I believe in Christ and accept Him as my Savior. (2 Nephi 25:29)
- ___ 2. I feel confident that God loves me. (1 Nephi 11:17)
- ___ 3. I trust the Savior enough to accept His will and do whatever He asks. (1 Nephi 3:7)
- ___ 4. I firmly believe that through the Atonement of Jesus Christ I can be forgiven of all my sins. (Enos 1:5–8)
- ___ 5. I have enough faith in Christ to obtain answers to my prayers. (Mosiah 27:14)
- ___ 6. I think about the Savior during the day and remember what He has done for me. (D&C 20:77, 79)
- ___ 7. I have the faith necessary to help make good things happen in my life or the lives of others. (Ether 12:12)
- ___ 8. I know by the power of the Holy Ghost that the Book of Mormon is true. (Moroni 10:3–5)
- ___ 9. I have enough faith in Christ to accomplish anything He wants me to do—even miracles if necessary. (Moroni 7:33)

Hope

- ___ 10. One of my greatest desires is to inherit eternal life in the celestial kingdom of God. (Moroni 7:41)
- ___ 11. I am confident that I will have a happy and successful mission. (D&C 31:3–5)
- ___ 12. I feel peaceful and optimistic about the future. (D&C 59:23)
- ___ 13. I firmly believe that someday I will dwell with God and become like Him. (Ether 12:4)

Charity and Love

- ___ 14. I feel a sincere desire for the eternal welfare and happiness of other people. (Mosiah 28:3)
- ___ 15. When I pray, I ask for charity—the pure love of Christ. (Moroni 7:47–48)
- ___ 16. I try to understand others' feelings and see their point of view. (Jude 1:22)
- ___ 17. I forgive others who have offended or wronged me. (Ephesians 4:32)
- ___ 18. I try to help others when they are struggling or discouraged. (Mosiah 18:9)
- ___ 19. When appropriate, I tell others that I love them and care about them. (Luke 7:12–15)

- ___ 20. I look for opportunities to serve other people. (Mosiah 2:17)
- ___ 21. I say positive things about others. (D&C 42:27)
- ___ 22. I am kind and patient with others, even when they are hard to get along with. (Moroni 7:45)
- ___ 23. I find joy in others' achievements. (Alma 17:2–4)

Virtue

- ___ 24. I am clean and pure in heart. (Psalm 24:3–4)
- ___ 25. I have no desire to do evil but to do good. (Mosiah 5:2)
- ___ 26. I am dependable—I do what I say I will do. (Alma 53:20)
- ___ 27. I focus on righteous, uplifting thoughts and put unwholesome thoughts out of my mind. (D&C 121:45)
- ___ 28. I repent of my sins and strive to overcome my weaknesses. (D&C 49:26–28)
- ___ 29. I feel the influence of the Holy Ghost in my life. (D&C 11:12–13)

Knowledge

- ___ 30. I feel confident in my understanding of gospel doctrines and principles. (Ether 3:19–20)
- ___ 31. I study the scriptures daily. (John 5:39)
- ___ 32. I earnestly seek to understand the truth and find answers to my questions. (D&C 6:7)
- ___ 33. I receive knowledge and guidance through the Spirit. (1 Nephi 4:6)
- ___ 34. I love and cherish the doctrines and principles of the gospel. (2 Nephi 4:15)

Patience

- ___ 35. I wait patiently for the blessings and promises of the Lord to be fulfilled. (2 Nephi 10:17)
- ___ 36. I am able to wait for things without getting upset or frustrated. (Romans 8:25)
- ___ 37. I am patient and long-suffering with the challenges of being a missionary. (Alma 17:11)
- ___ 38. I am patient with the faults and weaknesses of others. (Romans 15:1)
- ___ 39. I am patient with myself and rely on the Lord as I work to overcome my weaknesses. (Ether 12:27)
- ___ 40. I face adversity and afflictions calmly and hopefully. (Alma 34:40–41)

Humility

- ___ 41. I am meek and lowly in heart. (Matthew 11:29)
- ___ 42. I rely on the Lord for help. (Alma 26:12)
- ___ 43. I am sincerely grateful for the blessings I have received from the Lord. (Alma 7:23)
- ___ 44. My prayers are earnest and sincere. (Enos 1:4)
- ___ 45. I appreciate direction from my leaders or teachers. (2 Nephi 9:28)
- ___ 46. I strive to be submissive to the Lord's will, whatever it may be. (Mosiah 24:15)

Diligence

- ___ 47. I work effectively, even when I'm not under pressure or close supervision. (D&C 58:26–27)
- ___ 48. I focus my efforts on the most important things. (Matthew 23:23)
- ___ 49. I have a personal prayer at least twice a day. (Alma 34:18–27)
- ___ 50. I focus my thoughts on my calling as a missionary. (D&C 4:2, 5)
- ___ 51. I set goals and plan regularly. (D&C 88:119)
- ___ 52. I work hard until the job is completed successfully. (D&C 10:4)
- ___ 53. I find joy and satisfaction in my work. (Alma 36:24–25)

Obedience

- ___ 54. When I pray, I ask for strength to resist temptation and to do what is right. (3 Nephi 18:15)
- ___ 55. I keep the required commandments to be worthy of a temple recommend. (D&C 97:8)
- ___ 56. I willingly obey the mission rules and follow the counsel of my leaders. (Hebrews 13:17)
- ___ 57. I strive to live in accordance with the laws and principles of the gospel. (D&C 41:5)