INSPIRATION FOR YOU!
I promise you that as you prepare your spirit and come with the anticipation that you will hear the voice of the Lord, thoughts and feelings will come into your mind that are customized especially for you.

ELDER NEIL L. ANDERSEN

NEED MORE COPIES?
Download and print this notebook at conference.lds.org.
DON'T LEAVE HOME WITHOUT IT!
Make sure to keep track of this notebook so you can study the words of Church leaders and add your personal notes during seminary and Church classes.

WATCH IT LIVE!
SATEURDAY, OCTOBER 6
MORNING SESSION: 10AM MDT
AFTERNOON SESSION: 2PM MDT
GENERAL WOMEN’S SESSION: 6PM MDT
SUNDAY, OCTOBER 7
MORNING SESSION: 10AM MDT
AFTERNOON SESSION: 2PM MDT

FOR THE FIRST time the general women’s session will be held following the Saturday morning and afternoon sessions!

NEED MORE COPIES?
You can download and print this notebook at newera.lds.org.

WAS IT TO PARTICIPATE
lds.org; Mormon Channel on YouTube, website, or app; BYUtv; at the Conference Center
conference.lds.org

SHARE YOUR NOTES
Use the hashtag #ldsconf
Send a direct message to @LDSyouth on Instagram.
Email them to newera@ldschurch.org.

MY TESTIMONY
How did my testimony grow during this conference?
WHAT I WILL DO

After conference, take some time to review your notes. Write down what you feel inspired to do or make a list of goals you want to work on.

GENERAL CONFERENCE IS JUST AROUND THE CORNER. SO LET’S PREPARE TO BE UPLIFTED, CHALLENGED, AND INSPIRED.

As you prepare for conference, listen during conference, and study after conference, you will strengthen your testimony and draw closer to Heavenly Father and the Savior. This general conference notebook will help you record promptings, take notes, and write down things you plan to do.

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THE FIRST PRESIDENCY

President Russell M. Nelson
President of the Church
sustained as an Apostle: 1984

President Henry B. Eyring
2nd Counselor
sustained as an Apostle: 1995

President M. Russell Ballard
sustained: 1985

Elder Gary E. Stevenson
sustained: 2015

Elder Dale G. Renlund
sustained: 2015

Elder Dieter F. Uchtdorf
sustained: 2004

Elder David A. Bednar
sustained: 2004

Elder Ronald A. Rasband
sustained: 2015

Elder Ulisses Soares
sustained: 2018

THE QUORUM OF THE TWELVE APOSTLES

President Dallin H. Oaks
1st Counselor
sustained as an Apostle: 1984

President Nelson
President of the Church
sustained as an Apostle: 1984

President Henry B. Eyring
2nd Counselor
sustained as an Apostle: 1995

Elder Gary E. Stevenson
sustained: 2015

Elder Dale G. Renlund
sustained: 2015

Elder Dieter F. Uchtdorf
sustained: 2004

Elder David A. Bednar
sustained: 2004

Elder Ronald A. Rasband
sustained: 2015

Elder Ulisses Soares
sustained: 2018

Sustained January 14, 2018.

THEMES YOU NOTICED

What stuck out to you the most? Write down some of these themes, and think about what they mean personally for you and your life.

THEME:
MENTIONED BY:
WHAT I LEARNED:

THEME:
MENTIONED BY:
WHAT I LEARNED:
Now that conference has wrapped up, what’s next? Did you feel inspired to change or do something different in your life? Take some time to organize your thoughts, prepare a plan, and then act on it.

General Auxiliary leaders have the specific responsibility to oversee the organizations and programs for the members they are called to serve. They travel the world training local leaders and working with them to learn more about their communities and the needs of the people. They also get to know the members by making individual home visits. General Auxiliary leaders represent their auxiliary members by serving on Church leadership councils, executive committees, and boards. They also contribute ideas to Church messaging and help review Church materials, such as Come Follow Me. These faithful leaders work hard to make sure the needs of all of God’s children are met.
General conference is a great way to get inspiration and guidance. You’ll have an even better experience when you prepare in advance to receive personal revelation. Start preparing!

**Preparation STARTS HERE.**

- Review my notes from last conference.
- Pray for the conference speakers.
- Write down questions I want to have answered.
- Identify topics I’m interested in.

**FAVORITE QUOTE:**
NOTES:

YOU CAN LEARN FOR YOURSELF—RIGHT NOW AT YOUR AGE—
HOW TO RECEIVE PERSONAL REVELATION. AND NOTHING WILL 
MAKE A BIGGER DIFFERENCE IN YOUR LIFE THAN THAT!

President Russell M. Nelson

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

Q&A:

It's hard to get answers when we don't ask questions. So let's brainstorm! Think about what questions you have in your life. What do you want to understand a little better? Write them down. Then record your answers and impressions during conference.

MY QUESTION:

ANSWER:

MY QUESTION:

ANSWER:

MY QUESTION:

ANSWER:

MY QUESTION:

ANSWER:

| Review my notes from last conference. |
| Pray for the conference speakers. |
| Write down questions I want to have answered. |
| Identify topics I'm interested in. |

PHOTOGRAPH BY GETTY IMAGES

PENCIL FROM GETTY IMAGES
FAVORITE QUOTE:

THE SPIRIT OF REVELATION IS REAL—AND CAN AND DOES FUNCTION IN OUR INDIVIDUAL LIVES AND IN THE CHURCH.

Elder David A. Bednar
NOTES:

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

WE CAN PRAY TO OUR HEAVENLY FATHER AND RECEIVE GUIDANCE AND DIRECTION, BE WARNED ABOUT DANGERS AND DISTRACTIONS, AND BE ENABLED TO ACCOMPLISH THINGS WE SIMPLY COULD NOT DO ON OUR OWN.

President Russell M. Nelson

What topics have you been thinking about? What would you like to hear during general conference? Write down some topics or phrases that are interesting to you or that you want to learn more about. During conference, pay attention to how they are mentioned. It's a great way to learn, and you'll have a collection of resources to use in the future.
Now that conference is finally here, listen for answers. Write down promptings, look for promised blessings, and pay extra attention to things you feel impressed to work on. Jot down quotes that inspire you, and take note of those messages that really stick out to you.

FAVORITE QUOTE:

REVELATION ALMOST ALWAYS COMES IN RESPONSE TO A QUESTION.
Elder Jeffrey R. Holland
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<td>PROMISED BLESSINGS:</td>
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<td>WHAT WILL I DO NOW?</td>
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<td>FAVORITE QUOTE:</td>
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| MONTH | 1 2 3 4 5 6 7 8 9 10 11 12 |
| SESSION | 1st 2nd 3rd 4th 5th |
| MEETING TYPE | general | general women's session | general priesthood session |

| 19 |
NOTES:

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

GUIDANCE IS GIVEN IN THE LORD’S TIME, LINE UPON LINE AND PRECEPT UPON PRECEPT.

Elder Quentin L. Cook

REVELATION IS A REALITY. IT COMES IN THE LORD’S WAY AND ACCORDING TO THE LORD’S TIMETABLE.

President Dallin H. Oaks
NOTES:

IF YOU ASK WITH REAL INTENT AND WITH FAITH IN JESUS CHRIST FOR INSPIRATION, YOU WILL RECEIVE IT IN THE LORD’S WAY AND IN HIS TIME.

President Henry B. Eyring

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

WE CAN COME TO KNOW THE LORD AND TRUST HIM AS WE “FEAST UPON THE WORDS OF CHRIST.”

Bonnie H. Cordon, Young Women General President
<table>
<thead>
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<th>MONTH</th>
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**NOTES:**

**PROMISED BLESSINGS:**

**FAVORITE QUOTE:**

**WHAT WILL I DO NOW?**
SIMPLE ACTS OF SERVICE CAN HAVE PROFOUND EFFECTS ON OTHERS—AS WELL AS ON OURSELVES.
Jean B. Bingham, Relief Society General President