

spiritual

- Read the Book of Mormon each day and write your thoughts and feelings in a scripture journal
- Study recent General Conference talks about a topic you feel you need to improve in
- Daily seek and record personal revelation in a personal revelation journal
- Pray for a missionary experience and then look for opportunities to share the gospel
- Do baptisms for the dead each week / month
- Lead your families FHE or Come, Follow Me for a month and encourage your family to be involved
- Keep a gratitude journal - record 5 things you are grateful for each day and practice showing gratitude to Heavenly Father
- Choose a specific gospel topic and study it in depth
- Learn more about the purpose of the Sacrament and set a plan to more fully appreciate the Sacrament and the Sabbath
- Review each section of the For Strength of Youth booklet. For each topic, find a way you can improve and then implement it in your life
- Attend and be involved in Seminary with a happy attitude
- Choose a favorite apostle that inspires you. Learn about his life and service. Then, read all of his General Conference talks from the beginning until now. Keep a journal to record your insights and favorite quotes

social

- Limit social media to ___ minutes each day.
- Find someone new to eat lunch with
- Do a random act of kindness for someone each day for a month
- Introduce yourself / meet someone new in each of your classes
- Choose a family member that you feel you need to strengthen your relationship. Prayerfully ponder ways to strengthen the relationship and then act on what you feel you should do
- Smile at everyone you meet!
- Interview an elderly family member about their life growing up. Write up the info that you learn and add it to Family Search.
- Plan and carry out a service project for someone in your community
- Make cookies or a treat to take to a friend, widow, or someone who needs a pick-me up
- Set up a game night or other wholesome fun event for your friends
- Create a family history slideshow of your ancestors to share with your family. Learn something about each of them as you do
- Index ___ # of names
- Find an organization in your community that blesses lives and volunteer with them

physical

- Set a bedtime and stick to it
- Study the Word of Wisdom. Pray about how you can better follow it and set a plan to act on what you feel you should do
- Learn how to budget and set up a savings plan
- Plan, shop for, and cook meals for your family for a week
- Learn about healthy foods and how to cook them
- Learn a new sport or physical activity (basketball, tennis, dance, running, etc.)
- Train for and run a 5k or other race
- Help your family develop an emergency and evacuation plan. Practice it and be sure everyone understands what to do in an emergency
- Eat 5 fruits and vegetables a day, or increase your water intake
- Plant and harvest a garden
- Get outside and be active for ___ hours each day
- Learn self defense
- Plan a hike for your family or youth group
- Learn how to and help do repairs around your home

intellectual

- Think of something that interests you and take a class or learn about it. Some ideas of things you can learn are:
 - Painting
 - Photography
 - A new language
 - Cooking
 - Graphic design
 - Sewing
 - Cake decorating
 - Camping
 - Drama / Acting
 - First aid skills
 - Dance
 - A musical instrument
 - Computer programming
- Write a book or story
- Learn about and visit / tour different colleges that interest you
- Create a vision board with your goals and dreams for the future
- Learn about different careers that interest you. Contact people who work in these areas and learn about job requirements, schooling, etc. Choose a couple of different jobs and then find someone to job shadow and experience the career firsthand
- Choose your most difficult class at school and create a plan to do better at it
- Read a book or study about a subject that challenges you



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