# 12 Weeks of Progress

A twelve week guide to complete Personal Progress, excluding the ten hour projects

<table>
<thead>
<tr>
<th>Book of Mormon</th>
<th>Go and Do</th>
<th>Check Off</th>
</tr>
</thead>
</table>
| **1 Nephi 1 - 18** | - Live within your budget  
- Pray daily  
- Keep your standards | - Pay a full tithe  
- Read the scriptures | - Individual Worth #1  
- Individual Worth #7 |}

| **1 Nephi 19 - 2 Nephi 19** | - Live within your budget  
- Pray daily  
- Keep your standards | - Pay a full tithe  
- Read the scriptures | - Faith #2  
- Divine Nature #1  
- Virtue #1 |}

| **2 Nephi 20 - end of Jarom** | - Live within your budget  
- Pray daily  
- Keep your standards | - Pay a full tithe  
- Read the scriptures | - Individual Worth #4  
- Knowledge #6 |}

| **Omni 1 - Mosiah 19** | - Live within your budget  
- Pray daily  
- Keep your standards  
- Visit and evaluate a museum or performance | - Pay a full tithe  
- Read the scriptures | - Knowledge #3  
- Knowledge #5  
- Choice and Accountability #3 |}

| **Mosiah 20 - Alma 6** | - Live within your budget  
- Pray daily  
- Keep your standards  
- Serve a family member  
- Record worthwhile attributes and quiet acts of service | - Pay a full tithe  
- Read the scriptures  
- Serve others  
- Help cook | - Integrity #7  
- Virtue #3 |}

| **Alma 7 - 24** | - Live within your budget  
- Pray daily  
- Keep your standards  
- Serve a family member  
- Record worthwhile attributes and quiet acts of service | - Pay a full tithe  
- Read the scriptures  
- Serve others  
- Help cook | - Divine Nature #3  
- Individual Worth #3  
- Individual Worth #6  
- Good Works #1 |}

| **Alma 25 - 42** | - Live within your budget  
- Pray daily  
- Keep your standards  
- Serve a family member  
- Be obedient | - Pay a full tithe  
- Read the scriptures  
- Serve others  
- Help cook  
- Be a peacemaker | - Divine Nature #2  
- Divine Nature #5  
- Good Works #2  
- Good Works #3  
- Good Works #5 |}

| **Alma 43 - 60** | - Live within your budget  
- Pray daily  
- Keep your standards  
- Serve a family member  
- Be obedient | - Pay a full tithe  
- Read the scriptures  
- Serve others  
- Help cook  
- Be a peacemaker | - Faith #3  
- Knowledge #4  
- Choice and Accountability #4  
- Virtue #4 |}

| **Alma 61 - end of Helaman** | - Live within your budget  
- Pray daily  
- Keep your standards  
- Teach about service | - Pay a full tithe  
- Read the scriptures  
- Teach about service | - Faith #3  
- Knowledge #4  
- Choice and Accountability #4  
- Virtue #4 |}

| **3 Nephi 1 - 24** | - Live within your budget  
- Pray daily  
- Keep your standards | - Pay a full tithe  
- Read the scriptures | - Choice and Accountability #5  
- Integrity #3  
- Integrity #4  
- Virtue #2 |}

| **3 Nephi 25 - Ether 8** | - Live within your budget  
- Pray daily  
- Keep your standards  
- Teach about the Plan of Salvation  
- Fast | - Pay a full tithe  
- Read the scriptures  
- Fast | - Faith #6  
- Individual Worth #2  
- Knowledge #1  
- Good Works #4  
- Integrity #6 |}

| **Ether 9 - end of Moroni** | - Live within your budget  
- Pray daily  
- Keep your standards | - Pay a full tithe  
- Read the scriptures | - Faith #1  
- Faith #4  
- Faith #7  
- Choice and Accountability #1  
- Choice and Accountability #2  
- Choice and Accountability #7 |}

For more information: personalprogress12weeks.weebly.com
Experience Index

This index shows you when you will complete each experience. Again, N/A means that that experience is optional and will not be completed.

**Faith**
- #1. Weeks 1-12, read Week 1
- #2. Week 2
- #3. Week 9
- #4. Weeks 1-12, read Week 8
- #5. N/A
- #6. Week 11
- #7. Weeks 1-12, read Week 4

**Divine Nature**
- #1. Week 2
- #2. Week 2, Weeks 7-8
- #3. Week 5-6, read Week 6
- #4. N/A
- #5. Week 7-8, read Week 7
- #6. Week 7-8, read Week 7
- #7. Week 7-8, read Week 7

**Individual Worth**
- #1. Week 1
- #2. Week 11
- #3. Week 5-6, read Week 5
- #4. Week 3
- #5. N/A
- #6. Week 6
- #7. Week 1

**Knowledge**
- #1. Week 11
- #2. Week 5-8
- #3. Week 4
- #4. Week 9
- #5. Week 4
- #6. Week 3
- #7. N/A
Choice and Accountability
#1. Weeks 1-12, read Week 4
#2. Weeks 1-12, read Week 3
#3. Week 4
#4. Week 9
#5. Week 10
#6. N/A
#7. Weeks 1-12, read Week 4

Good Works
#1. Week 5-6, read Week 6
#2. Week 5-8, read Week 8
#3. Week 5-8, read Week 6
#4. Week 11
#5. Week 5-8, read Week 6
#6. Weeks 1-12
#7. N/A

Integrity
#1. Weeks 1-12, read Week 3
#2. Week 1
#3. Week 10
#4. Week 2
#5. N/A
#6. Week 11
#7. Week 5

Virtue
#1. Week 2
#2. Week 10
#3. Week 5
#4. Week 9
Reading Assignments Index

Throughout the course of Personal Progress, you are assigned to read a number of scriptures.

- Required readings are in black.
- Scriptures in optional activities that you will not complete are in red.
- Duplicate readings (that you are assigned to read multiple times) are italicized.
- Partially duplicate readings (where sections but not the entirety are repeated) are underlined.

Next to each verse, you will find the experience in which it was assigned. Go to the Experience Index (/experience12.html) to find the week that each experience is completed.

Old Testament

1. Genesis 39--Integrity #3
2. Joshua 24:15--Choice and Accountability #3
3. Esther--Integrity #3
4. Job 2:3--Integrity #3
5. Job 27:3–6--Integrity #3
6. Psalm 8:4–6--Individual Worth #1
7. Proverbs 1:5--Knowledge #1
8. Proverbs 31:10–31--Divine Nature #2, Virtue #1
9. Proverbs 4:7--Knowledge #1
10. Isaiah 1:18--Choice and Accountability #4
11. Isaiah 53:3–12--Faith #5
12. Jeremiah 1:5--Individual Worth #1
13. Daniel 3--Integrity #3
14. Daniel 6--Integrity #3
15. Ezekiel 36:26–27--Choice and Accountability #5
16. Malachi 3:8–12--Faith #6

New Testament

1. Matthew 24:14--Good Works #7
3. Matthew 25:34–40--Good Works #1
4. Matthew 26:26–28--Faith #4
5. Matthew 28:19--Good Works #7
6. Matthew 5:13–16--Good Works #1
7. Matthew 5:9--Divine Nature #6
8. Mark 14:22–24--Faith #4
11. John 13:34--Individual Worth #1
12. John 14:26--Choice and Accountability #5
13. John 14:26–27--Virtue #2
15. John 15:26--Virtue #2
16. John 16:13--Choice and Accountability #5
19. Acts 26--Integrity #3
20. Romans 5--Faith #5
21. 1 Corinthians 12:4–12--Individual Worth #7
22. 1 Corinthians 13--Individual Worth #7
23. 1 Corinthians 15:22--Faith #6
26. Galatians 6:9–10--Good Works #1
28. Hebrews 11--Faith #1
29. James 1:22–27--Good Works #1
30. 2 Peter 1--Divine Nature #1
31. 1 John 4:21--Divine Nature #6
32. Revelation 12:7–9--Faith #6

Book of Mormon
1. 1 Nephi 15:8--Choice and Accountability #1
2. 1 Nephi 11:4–7--Faith #6
3. 2 Nephi 2--Choice and Accountability #3
4. 2 Nephi 28:30--Knowledge #1
5. 2 Nephi 32:1–5--Virtue #2
6. 2 Nephi 32:3--Choice and Accountability #1
7. 2 Nephi 32:5--Choice and Accountability #5
8. 2 Nephi 9:1–28--Faith #6
10. 2 Nephi 9:51--Choice and Accountability #7
11. Jacob 2:28--Virtue #1
12. Enos--Virtue #4
13. Mosiah 18:7–10--Good Works #1
14. Mosiah 18:9--Integrity #5
15. Mosiah 2:17--Good Works #1
16. Mosiah 4:26--Good Works #1
17. Alma 26:22--Choice and Accountability #4
18. Alma 32:17–43--Faith #1
19. Alma 34:19–27--Choice and Accountability #1
20. Alma 34:30–35—Choice and Accountability #4
21. Alma 34:8–17—Faith #5
22. Alma 5—Virtue #3
23. Alma 56:45–48—Faith #2
25. Alma 7:11–13—Faith #5
26. Alma 7:23–24—Divine Nature #1
27. 3 Nephi 11:10–11—Integrity #3
28. 3 Nephi 13:1–4—Good Works #1
29. Ether 12:6–22—Faith #1
30. Ether 2–3—Choice and Accountability #1
31. Moroni 10:30–33—Integrity #1
32. Moroni 10:32–33—Virtue #4
33. Moroni 10:4–5—Choice and Accountability #5
34. Moroni 10:8–18—Individual Worth #7
35. Moroni 7:12–13—Individual Worth #7
37. Moroni 8:25–26—Choice and Accountability #4
38. Moroni 9:9—Virtue #1
39. Read entire Book of Mormon—Virtue Project

Doctrine and Covenants
1. D&C 11:12–14—Choice and Accountability #5
2. D&C 119—Faith #7
3. D&C 121:45—Divine Nature #1, Individual Worth #3
4. D&C 121:45–46—Virtue #2
5. D&C 124:15—Integrity #3
6. D&C 130:18–19—Knowledge #1
7. D&C 131:6—Knowledge #1
8. D&C 18:10—Individual Worth #1
9. D&C 19:15–20—Faith #5, Choice and Accountability #4
10. D&C 20:77, 79—Divine Nature #4, Virtue #4
11. D&C 45:57–59—Virtue #2
12. D&C 46:11–26—Individual Worth #7
14. D&C 58:42–43—Choice and Accountability #4
15. D&C 76:50–113—Faith #6
16. D&C 82:2–10—Choice and Accountability #3
17. D&C 88:18—Knowledge #1
18. D&C 88:19—Individual Worth #1
19. D&C 88:3–4—Virtue #2
20. D&C 88:78–80—Knowledge #1
21. D&C 88:81—Good Works #7
22. D&C 9:7–9—Choice and Accountability #1
23. D&C 90:15—Knowledge #1

Pearl of Great Price
1. *Moses 4:1–4--Faith #6, Choice and Accountability #7*  
2. *Moses 7:32--Choice and Accountability #7*  
3. *Abraham 3:22–23--Individual Worth #1*  
4. *Abraham 3:24–27--Faith #6*  
5. *Joseph Smith—History 1:1-20--Individual Worth #1*  
6. *Joseph Smith—History 1:11-20--Faith #1*  
7. *Joseph Smith—History 1:21-25--Integrity #3*  
8. *Articles of Faith 1:13--Knowledge #3, Virtue #1*  
9. *The Family: A Proclamation to the World--Faith #2, Virtue #1*
Welcome to Week 1!

This week starts with Focus on Habit (/focus-on-habit.html) and Focus on Self, (/focus-on-self.html) which will all be covered in the upcoming assignments. This means that this week is the beginning of a lot of long-term experiences. However, it’s not as hard as it first appears! You might discover that you are already doing a lot of the required activities, such as paying your tithing and praying regularly. Now, you’re just going to start focusing on these aspects of your life.

Are you ready to begin? Click on the Reading (/reading10.html), Go & Do (/go-do6.html), and Experience (/experience11.html) subpages to find out what your assignments are this week.
Reading Assignments, Week 1

As part of your goal to finish the Book of Mormon, you should read 1 Nephi chapters 1-18 this week. Read about 6 1/2 pages a day to stay on top of it.

Now you get to start passing off experiences (/experience11.html)!
(To see the full text of each of these experiences online, go to the Church's official site (https://www.lds.org/young-women/personal-progress?lang=eng). You can look in your booklet as well.)

**Faith #1**
- Hebrews 11
- Alma 32:17–43
- Ether 12:6–22
- Joseph Smith—History 1:11–20
Two general conference talks on faith (I suggest "Trial of Your Faith" (http://www.lds.org/general-conference/2012/10/trial-of-your-faith?lang=eng) and "Believe, Obey, and Endure." (https://www.lds.org/broadcasts/article/general-young-women-meeting/2012/03/believe-obey-and-endure?lang=eng))

**Individual Worth #1**
- Psalm 8:4–6
- Jeremiah 1:5
- John 13:34
- Doctrine and Covenants 18:10
- Abraham 3:22–23;
- Joseph Smith—History 1:1–20

**Individual Worth #7**
- 1 Corinthians 12:4–12; 13
- Moroni 7:12–13; 10:8–18
- Doctrine and Covenants 46:11–26
Experiences, Week 1

These are the experiences you are going to be focusing on this week.

**Individual Worth #1**
After doing the reading (reading10.html), write in your journal about how the assigned scriptures teach you that Heavenly Father knows you, loves you, and is mindful of you.

**Individual Worth #7**
Ask a friend or leader to write down a list of positive qualities the Lord has given you. Record that list and your thoughts about how you can continue to develop them and use them to serve your family and others in your journal.

**Integrity #2**
Conduct a self-assessment of your personal integrity.
Ask: Do I avoid gossip, inappropriate jokes, swearing and profanity, and being light-minded about sacred subjects? Am I completely truthful, morally clean, honest, dependable, and trustworthy in my schoolwork and other activities?
Write in your journal the things you can do to improve your personal integrity and at least one new habit you want to develop.
Week 2

This week, you will be doing several experiences that require you to read The Family Proclamation (https://www.lds.org/topics/family-proclamation) and discuss issues with a mother, grandmother, or another woman you respect. I suggest combining the readings and the discussions so that you can finish these experiences more efficiently.
Reading, Week 2

In the Book of Mormon, you should read 1 Nephi 19–2 Nephi 19.

**Faith #2**
Alma 56:45–48, 57:21
Review what “The Family: A Proclamation to the World” (https://www.lds.org/topics/family-proclamation) says about a mother's role

**Divine Nature #1**
“The Family: A Proclamation to the World” (https://www.lds.org/topics/family-proclamation)
2 Peter 1
Alma 7:23–24
Doctrine and Covenants 121:45

**Divine Nature #2**
Proverbs 31:10–31
Review what “The Family: A Proclamation to the World” (https://www.lds.org/topics/family-proclamation) says about being a wife and a mother

**Virtue #1**
Moroni 9:9
Jacob 2:28
“The Family: A Proclamation to the World” (https://www.lds.org/topics/family-proclamation)
The section on sexual purity in For the Strength of Youth (https://www.lds.org/youth/for-the-strength-of-youth?lang=eng)
Article of Faith #13
Proverbs 31:10–31
Experiences, Week 2

Faith #2
Discuss with a mother, grandmother, or leader the qualities a woman needs in order to teach children to have faith and to base their decisions on gospel truths.

Record your thoughts and feelings in your journal, answering the question: How can these principles help you in your life today and help you prepare to be a faithful woman, wife, and mother?

Divine Nature #1
After doing the reading (/reading2.html), list the divine qualities mentioned in those scriptures and write in your journal how you can discover and develop these qualities yourself.

Divine Nature #2
Ask your mother or another woman you admire what she thinks are important attributes for being a mother.
List them in your journal.

Integrity #4
Interview your mother, grandmother, or another woman you respect about her understanding and application of the word integrity.

Virtue #1
After doing the reading (/reading2.html), write in your journal the promised blessings of being sexually clean and pure and your commitment to be chaste.
Week 3

As you complete your experiences, remember to continue working on your ten hour projects (ten-hour-projects.html) as well. Some weeks may be busier than others, but try to get ahead when you can. You need to be spending around 5-6 hours on your projects every week.
Reading, Week 3

In the Book of Mormon, read 2 Nephi 20—the end of Jarom.

**Individual Worth #4**
- Doctrine and Covenants 88:119

**Knowledge #6**
- The scriptures at the bottom of the hymns you chose (/experience7.html).

**Choice and Accountability #2**
- The pamphlet *For the Strength of Youth*
  (https://www.lds.org/bc/content/shared/content/english/pdf/ForTheStrengthOfYouth-eng.pdf)

**Integrity #1**
- Moroni 10:30–33
- The pamphlet *For the Strength of Youth*
  (https://www.lds.org/bc/content/shared/content/english/pdf/ForTheStrengthOfYouth-eng.pdf)
Experiences, Week 3

Individual Worth #4
In your journal make a list of your hopes and dreams for your future home, family, and education and some important things you would like to accomplish in your life, including becoming a wife and mother. Then write a plan that will help you achieve your goals. Share this plan with a family member, leader, or friend.

Knowledge #6
Memorize two of your favorite hymns from the hymnbook (which can be accessed online here (https://www.lds.org/music/library/hymns?lang=eng)).
Learn the correct conducting pattern (http://www.lds.org/music/resources/using-the-hymnbook?lang=eng) for these hymns.
Conduct them at least twice at Family Home Evening, Young Women’s, or at seminary.
Read (/reading5.html) the scriptures listed at the bottom of each hymn.

Choice and Accountability #2
As you do the reading (/reading5.html), list in your journal each standard of righteous behavior the pamphlet outlines, and record why it is important to choose to live those standards.

Integrity #1
Reflect on how the Lord’s standards differ from the world’s standards.
Record in your journal appropriate standards for behavior, dress, and conversation, as well as literature, movies, television, Internet, music, cell phones, and other media.
Also write your plan to stay morally clean and worthy to attend the temple.
12 Weeks of Progress

Week 4

This is the last week on Focus on Self (/focus-on-self.html). I hope you have learned and grown through your experiences this past month. Next week, you will be moving on to Focus on Family (/focus-on-family.html), continually striving to improve yourself through your relationships with your eternal family. For now, continue to Focus on Self (/focus-on-self.html) and Focus on Habit (/focus-on-habit.html) through these assignments.
Reading, Week 4

In the Book of Mormon, read Omni 1-Mosiah 19.

**Faith #7**
- Doctrine and Covenants 119
- Malachi 3:8–12

**Knowledge #3**
- Articles of Faith 1:13

**Choice and Accountability #1**
- 1 Nephi 15:8
- 2 Nephi 32:3
- Alma 34:19–27
- Ether 2–3
- Doctrine and Covenants 9:7–9

**Choice and Accountability #3**
- Joshua 24:15
- 2 Nephi 2
- Doctrine and Covenants 82:2–10

**Choice and Accountability #7**
- Moses 4:1–4; 7:32
- 2 Nephi 9:51
Experiences, Week 4

Knowledge #3
Read (/reading9.html) and memorize the thirteenth Article of Faith.
Visit a museum or exhibit or attend a performance that involves dance, music, speech, or drama and evaluate that experience based on the Article of Faith.
In your journal write your thoughts about how you can use this article of faith as a guide for all you do so the Holy Ghost will be your constant companion.
Share those thoughts with a parent or leader.

Knowledge #5
Talk to someone in an area of employment that interests you. Find out what that person's job responsibilities are, what training or education the person obtained to do the job, and what contributions this person's job makes to society.
Record your findings in your journal.

Choice and Accountability #3
After doing the reading (/reading9.html), discuss the blessings and responsibilities of agency with a parent or leader.
Record your understanding of agency and the consequences of choices and actions in your journal.

Choice and Accountability #7
Make a budget plan.
Week 5

Congratulations! You are now one-third of the way done!
This week, you will be starting Focus on Family (/focus-on-family.html) and continuing, as ever, your work with Focus on Habit (/focus-on-habit.html).
At this point in time, I encourage you to review the Focus on Self (/focus-on-self.html) page and look at the Index (/index1.html) section of this program to make sure that you have completed all of the assignments for the past four weeks. Make sure that you are on top of your scripture reading (/book-of-mormon.html) and your journal writing as you move into the next stage of progress.
12 Weeks of Progress

Reading, Week 5

In the Book of Mormon, you should read Mosiah 20-Alma 6.

**Individual Worth #3**

- Doctrine and Covenants 18:10 and 121:45

**Integrity #7**

- “The Family: A Proclamation to the World” (https://www.lds.org/topics/family-proclamation) (which you have already read for Week 2 (/reading2.html))
- The First Presidency Message (see page 1 of your booklet)
- Research trends that can weaken the family (I suggest reading Can Ye Feel So Now? (http://www.lds.org/general-conference/2012/10/can-ye-feel-so-now?lang=eng) and More Diligent and Concerned at Home (https://www.lds.org/general-conference/2009/10/more-diligent-and-concerned-at-home?lang=eng)).

**Virtue #3**

- Alma chapter 5 (which is part of your Book of Mormon reading for this week)
Experiences, Week 5

Most of the experiences that you are doing this week are "development experiences," which require several weeks to complete. See the Go & Do (/go--do7.html) section of this week for more details.

**Integrity #7**

List the issues, trends, and problems that weaken the family, and write in your journal your plan to strengthen your present family and the values and traditions you want to establish with your future family.

**Virtue #3**

As you read (/reading6.html) Alma chapter 5, list in your journal all the questions that Alma asks. (To check if you got them all, click here [http://bomhandouts.files.wordpress.com/2012/01/05-alma-5.pdf].) Answer those questions for yourself, and make a list of the things you can and will do to be pure and worthy to enter the temple and receive all the blessings our Heavenly Father has promised His beloved daughters.
12 Weeks of Progress

Week 6

As you finish up many of the "development experiences" you started last week, don't forget to continue with the ones that continue through Week 8 (/week-8.html). The cooking one needs a special note: you only need to cook for two weeks, but occasionally it's hard to find a block of time that works well. You should have cooked for two weeks collectively by the end of Week 8 (/week-8.html) so use this time wisely but don’t necessarily try to cook every day.
Reading, Week 6

In the Book of Mormon, you should read Alma 7-24.

**Knowledge #2**
- Matthew 25:14–30

**Good Works #1**
- Matthew 5:13–16; 25:34–40
- Galatians 6:9–10
- James 1:22–27
- Mosiah 2:17; 4:26
- 3 Nephi 13:1–4

**Good Works #3**
- Mosiah 18:7–10

**Good Works #5**
- Doctrine and Covenants 58:26–28
Experiences, Week 6

**Divine Nature #3**
Share your experiences and the divine qualities you’ve discovered with the family member that you’ve been serving or with a parent or leader.

**Individual Worth #3**
In your journal write what you have learned about the worth of individuals over the last two weeks and how your own confidence grows when you build others.

**Individual Worth #6**
Visit with your living relatives to learn as much information about your family history as possible.

Complete a [pedigree chart](https://familysearch.org/learn/wiki/en/images/8/80/Pedigree_Chart_Blank.png) of your family and list the temple ordinances that have been completed for each person. I would suggest creating an [lds.org account](https://ldsaccount.lds.org/site/register?testAndTargetAndOrRegistration=true%0D%0A&s_tnt=54632:8:0) if you don’t already have one, and signing into [Family Tree](https://new.familysearch.org/en/action/unsec/welcome) to access this information.
Week 7

Congratulations, you're halfway done! Keep up the great work!
Reading, Week 7

This week, you should read Alma 43-60 in the Book of Mormon.

**Divine Nature #5**
- Luke 2:40–51
- John 6:38

**Divine Nature #6**
- Matthew 5:9
- John 15:12
- Galatians 5:22–23
- Colossians 3:12–17
- 1 John 4:21
- Moroni 7:44–48
- Memorize your favorite verse

**Divine Nature #7**
- Find and read 5 scriptures about peacemakers
  (I suggest 3 Nephi 12:9; 3 Nephi 27:27; 3 Nephi 11:29; John 14:27; and 2 Corinthians 13:11)
Experiences, Week 7

As with Week 5, most of this week's experiences are "development experiences," which require several weeks to complete. See the Go & Do (/go--do3.html) section of this week for more details.

Divine Nature #6

    After doing the reading (/reading4.html), memorize your favorite verse.
Week 8

By the end of this week you will have completed Focus on Family, (focus-on-family.html) and will be ready to move on to Focus on Worship (focus-on-worship.html). Remember to keep working on your Focus on Habit (focus-on-habit.html)!
12 Weeks of Progress

Reading, Week 8

In the Book of Mormon, read Alma 43–60.

Faith #4

Matthew 26:26–28
Mark 14:22–24
Experiences, Week 8

Divine Nature #2
- Report your success on becoming a peacemaker to a parent or leader.

Divine Nature #5
- Record in your journal how being more obedient over the last two weeks motivated you to want to continue doing so and how it has helped you understand your divine nature and the divine roles of mothers and fathers.

Divine Nature #6
- Record your progress over the last two weeks and experiences of your obedience in your journal.

Divine Nature #7
- Write in your journal what new habits you want to develop, how being a peacemaker is part of your divine nature, and how you will continue to be a peacemaker.

Knowledge #2
- List talents you have and others you would like to develop in your journal.
- Share the new skill or talent (of cooking) that you have learned with your family, Young Women's class, leaders, or friends.

Good Works #2
- Report to your class what you have learned by cooking for two weeks.

Good Works #3
- In your journal list three ways you can comfort others or help them bear their burdens.
- Do the things on your list.
- Tell a family member or leader about the experience and how your attitude and understanding have changed.

Good Works #5
Record in your journal your actions and feelings about how this improved your relationship with the family member that you have been serving for the past four weeks.
Week 9

This week you will be starting the final section, Focus on Worship (/focus-on-worship.html). It is worth noting that you will be teaching two Family Home Evening lessons, one this week and one in Week 11 (/week-11.html). This focus will help you better appreciate our Sunday services and how reverence brings you closer to the Lord. Additionally, Week 11 (/week-11.html) asks you to fast, and depending on your timing this may not fall over a Fast Sunday. You may adjust your schedule as necessary to accommodate this.
Reading, Week 9

In the Book of Mormon, read Alma 61 through the end of Helaman.

Faith #3

Read about faith in the Bible Dictionary (http://www.lds.org/scriptures/bd/faith?lang=eng) or True to the Faith (http://www.lds.org/ldsorg/v/index.jsp?hideNav=1&locale=0&source=013ee991a83d20110VgVCM10000017660a__&vgnextoid=19bf4b13819d110VgVCM1000003a94610aRCR&).

Choice and Accountability #4

Isaiah 1:18
Alma 26:22; 34:30–35
Moroni 8:25–26
Doctrine and Covenants 19:15–20; 58:42–43

Virtue #4

Moroni 10:32–33
the book of Enos
the section on repentance in For the Strength of Youth (https://www.lds.org/youth/for-the-strength-of-youth?lang=eng)
the sacrament prayers in Doctrine and Covenants 20:77, 79
Experiences, Week 9

Faith #3
Choose a principle such as prayer, tithing, fasting, repentance, or keeping the Sabbath day holy. (I suggest service.)
In your own home or another setting, plan and present a family home evening lesson about how faith helps you live that gospel principle. If possible, ask a family member to share an experience that has strengthened his or her faith. Share your own experiences as well.
In your journal write down one of those experiences and describe your feelings about faith.

Knowledge #4
Select a gospel principle you would like to understand better (for example, faith, repentance, charity, eternal families, or baptismal covenants). I suggest service.
Read scriptures and the words of latter-day prophets that relate to the principle. Prepare a five-minute talk on the subject and give the talk in a sacrament meeting, in a Young Women meeting, to your family, or to your class.
Record in your journal how you can apply this gospel principle in your life.

Choice and Accountability #4
Record in your journal what repentance means to you.
Study the process of repentance, pray for guidance, and apply the principles of repentance in your life.

Virtue #4
Determine to partake worthily of the sacrament each week and fill your life with virtuous activities that will bring spiritual power. Identify what you can do daily to remain pure and worthy.
Write your plan in your journal.
Week 10

Keep working on Focus on Worship (/focus-on-worship.html) and Habit (/focus-on-habit.html), as well as your ten hour projects (/ten-hour-projects.html)! You're nearly done!
Reading, Week 10

In the Book of Mormon, read 3 Nephi 1-24.

Choice and Accountability #5
- Ezekiel 36:26–27
- John 14:26; 16:13
- Galatians 5:22–25
- 2 Nephi 32:5;
- Moroni 10:4–5
- Doctrine and Covenants 11:12–14

Integrity #3
- Nephi 11:10–11
- Genesis 39
- the book of Esther
- Job 2:3; 27:3–6
- Daniel 3 and 6
- Acts 26;
- Doctrine and Covenants 124:15
- Joseph Smith—History 1:21–25

Virtue #3
- John 14:26–27; 15:26
- 2 Nephi 32:1–5
- Doctrine and Covenants 45:57–59; 88:3–4; 121:45–46
Experiences, Week 10

**Choice and Accountability #5**
As you do the reading ([reading3.html](/reading3.html)), discuss the assigned scriptures with a parent, friend, or leader.
- Record in your journal how the Holy Ghost can help you make good decisions in your daily life.
- Pray for and live worthy of the constant companionship of the Holy Ghost.

**Integrity #3**
After doing the reading ([reading3.html](/reading3.html)), identify in your journal the ways those people showed integrity.
Think of a time when you had the courage to show integrity, especially when it was not easy or popular. Share your experience and your feelings about it in a testimony meeting or lesson or with a parent or leader.

**Integrity #4**
Look up the word integrity in a dictionary ([http://www.merriam-webster.com/dictionary/integrity](http://www.merriam-webster.com/dictionary/integrity)).
Make a list of ways you can make your actions consistent with your knowledge of right and wrong, and record in your journal what it means to you to have integrity.

**Virtue #2**
After doing the reading ([reading3.html](/reading3.html)), record in your journal what you've learned and write about a time when you felt the guidance of the Holy Ghost.
Week 11

This week, you will be completing an experience that asks you to fast and pray. Depending on your timing, this coming Sunday may not be a Fast Sunday. However, if you have already fasted for two meals since starting this program, you can just check this experience off. Or you can do this experience next Sunday, even if it's not Fast Sunday.
**Reading, Week 11**

In the Book of Mormon, read 3 Nephi 25–Ether 8.

**Faith #6**
- 1 Corinthians 15:22
- Revelation 12:7–9
- Doctrine and Covenants 76:50–113; 93:33–34
- Moses 4:1–4
- Abraham 3:24–27

**Knowledge #1**
- Proverbs 1:5; 4:7
- 2 Nephi 28:30
- Doctrine and Covenants 88:78–80, 118; 90:15; 130:18–19; 131:6

**Individual Worth #2**
Experiences, Week 11

Faith #6
- Draw or obtain a picture that depicts the Plan of Salvation, including the pre-mortal existence, birth, mortal life, death, judgment, and life after judgment.
- Using this picture, explain the Plan of Salvation to your class, your family, or a friend. Discuss how knowledge of the Plan affects your actions, helps you understand your identity, and has strengthened your faith.

Individual Worth #2
- Discuss with a parent or Church leader how to prepare to receive a patriarchal blessing and how it can teach you of your worth and identity and be a guide throughout your life.
- If you have not received your blessing, prepare to receive it.

Knowledge #1
- Think about why you need to gain knowledge and understanding about how to apply gospel principles to your present and future home and family life.
- Write in your journal what you have learned about knowledge, and discuss it with a family member or Young Women leader.

Good Works #4
- Use pictures, music, examples, demonstrations or the resource Teaching: No Greater Call to teach a lesson in Family Home Evening or another setting on the principle of the Plan of Salvation.

Integrity #6
- On a designated fast Sunday (or this Sunday), abstain from food and drink for two consecutive meals and contribute to your family’s fast offering. Have a specific purpose in mind as you fast. You might fast for a sick friend, to overcome a bad habit, to obtain a special blessing for yourself or someone else, or to give thanks. Begin and close your fast with a prayer.
Congratulations! You are almost done. Remember to look through the Index section to make sure you’ve completed everything you need to pass off, and checked off the appropriate sections. If you have finished reading the Book of Mormon and completed your ten hour projects, you could schedule your interview appointments with your Young Women’s leaders and bishop so that you can receive your medallion.

To continue on and receive your honor bee, please reread the Book of Mormon and log forty service hours.

I hope that this program has been helpful to you. If you have completed your Personal Progress using 12 Weeks of Progress, please email me with your experiences and input. (Attach a photo of you receiving your medallion!) Any other comments, questions, or suggestions are also welcome. My email address is sweetistthework12@gmail.com. Thanks!
Experiences, Week 12

Faith #1
Discuss with a parent or leader what you have learned about faith and how daily personal prayer has strengthened your faith.
In your journal express your feelings about faith and prayer.

Faith #4
Write in your journal some of the promises you make as you partake of the sacrament and remember your baptismal covenants and what you do to keep those promises.
Record in your journal how your understanding of these promises has strengthened your faith in the Savior.

Faith #7
Record in your journal how paying tithing has helped your faith grow. List blessings in your life, both large and small, that have come because of your faith in the principle of tithing.

Choice and Accountability #1
Discuss with a parent or leader how regular scripture study and prayer helped you make correct decisions.

Choice and Accountability #2
Share your progress in keeping your standards with your family, your class, or a leader.

Choice and Accountability #7
Record in your journal what you have learned by living within a budget and how following these patterns will continue to bless your life.

Good Works #6
Remember the three hours of service you spent outside of your family. Record in your journal the reactions of the person you served and possible goals for future service opportunities.

Integrity #1
Record your feelings about keeping your standards in your journal and continue to keep your commitment.
Ten Hour Projects

These are some of the hardest elements of Personal Progress, in large part because there is so much freedom in selecting your project. Thus, your 10 hour projects are not specified in this 12 week program (with the exception of the Virtue Project, which is reading the Book of Mormon (book-of-mormon.html)). To complete them within 12 weeks, you need to spend 5-6 hours every week on your projects. Remember, the 10 hour projects are separate from the experiences. You need to complete them on your own time, and I encourage you to find meaningful projects that will strengthen your testimony. However, here are a few suggestions, and more can be found in the Personal Progress handbook:

**Faith:** Plant and care for a garden (depending on the season) or create an artistic or literary work that shows your faith in Christ

**Divine Nature:** Go to the temple five to eight separate times (depending on how long it takes to achieve ten hours) to perform baptisms for the dead

**Individual Worth:** Practice for and participate in a musical concert/recital/theatrical production/roadshow

**Knowledge:** Memorize [The Living Christ](http://jesuschrist.lds.org/Static%20Files/PDF/Manuals/TheLivingChrist_TheTestimonyOfTheApostles_36299_eng.pdf) To do this, you will need to memorize one paragraph every week.

**Choice and Accountability:** Make handicraft or website or learn a marketable skill

**Good Works:** Babysit/tutor/yard work/volunteer for neighbors/family/community

**Integrity:** Make a quote book about integrity
## Book of Mormon Reading Chart

<table>
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**I'M ALL DONE!**

**Name:** __________________  **Goal:** __________________
# The Book Of Mormon 30 Day Reading Schedule

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