

KEEP THE SABBATH DAY HOLY

ATTEND ALL YOUR SUNDAY MEETINGS

PLAY UPLIFTING MUSIC

READ THE SCRIPTURES

PLAN A RANDOM ACT OF KINDNESS

READ A GENERAL CONFERENCE TALK AND MAKE A GOAL

LEARN OR TEACH A HYMN OR PRIMARY SONG

READ ABOUT YOUR ANCESTORS

WRITE A LETTER TO A MISSIONARY OR FAMILY MEMBER

MEMORIZE A SCRIPTURE

READ A CHURCH MAGAZINE

WORK ON PERSONAL PROGRESS

PLAN YOUR UPCOMING WEEK

PREPARE A FAMILY HOME EVENING LESSON

VISIT SOMEONE WHO MAY BE DISCOURAGED OR HURTING

TAKE A TREAT TO SOMEONE

CALL SOMEONE WHO IS SICK

WRITE A THANK YOU NOTE TO A TEACHER OR SPEAKER

WRITE IN YOUR JOURNAL

MAKE A CARD FOR SOMEONE

STUDY NEXT WEEK'S SUNDAY SCHOOL OR YW LESSON

WORK ON A GRATITUDE JOURNAL

WATCH A CHURCH MOVIE