

**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**