

Goal Conversations

How to Lead out in Personal Development

LeAnn Hunt - February 2022

Hi. I'm LeAnn Hunt. And I don't know you, obviously, but I'm going to guess some things about you.

- You are a leader of youth - you might be a youth or an adult, but you all are leaders of a class or quorum
- You know what this is - it's a Personal Development Booklet.
- And if you're like most leaders of youth that I know, you don't really use it much or know how to get it started in your class or quorum.
- If you haven't done a lot with it, that's okay! There's really good reasons. Basically they introduced the Personal Development guidebooks and then Covid hit like a month later. Most classes and quorums are struggling to get back to normal with all of the Covid-19 changes over the last two years. So it's normal. No big deal. It is what it is.
- But I'm also guessing that if you're watching this you're also kind of interested in getting it going, but aren't sure how.
- I'm here to give you some ideas for how to get started with C&Y Personal Development

What is in this PDF?

#1-Super quick quiz with 4 questions to see how Personal Development fits into Young Men and Young Women.

#2-How to Talk to Your Class/Quorum about Personal Development

- Stand Up and Lead
- Try a Class or Quorum Goal
- Personal Development Youth Guidebook, you have four different pages to write on for each goal.
 - Discover (or brainstorm)
 - Plan by breaking things down into steps
 - Take action and check in often by writing down how things are going so far and what you are learning
 - Finally, you reflect
- How to Talk to Parents - In a 5 Minute Visit

#3-Six Micro-Lessons on How Goals work

- Principle 1: Boring Goals Aren't Motivating - So ... Choose small interesting goals
- Principle 2: Our Brains Like to See Progress - So ... Break Your Goal into Tinsier Pieces When You Get Stuck
- Principle 3: Daily Goals create 3 problems - So ... Be Careful How You Word Your Goals
- Principle 4: Tracking turns a half-day into good data - So ... Try tracking as a goal all by itself
- Principle 5: Goals play out in unexpected ways - So ... Check in with your goal and goal!
- Principle 6: Agency is not just for choosing right and wrong, it's for choosing what you want in your life - So ... Put your agency behind some goals. Quit thinking about it. Jump!

Part One: What is in this section?

#1-Super quick quiz with 4 questions to see how Personal Development fits into Young Men and Young Women.

Children and Youth
Q & A

How many parts
are there to
Children & Youth?

Super quick quiz with 4 questions to get started here and see how Personal Development fits into Young Men and Young Women.

Question #1 - How many parts are there to Children and Youth?

There are
3
parts to
Children and Youth

There are 3 parts to Children and youth!

Part #1

Gospel Learning



Gospel Learning
Discover resources to help enhance your understanding of the gospel and draw nearer to the Savior.

YW Classes



Gospel Learning
Discover resources to help enhance your understanding of the gospel and draw nearer to the Savior.

AP Quorums



Gospel Learning
Find resources for Sunday Primary, including lessons, singing time, nursery, Primary schedule, sacrament meeting presentation, and temple preschool preparation.

Primary

First part is Gospel Learning - basically Come Follow Me.

It's home-centered, church-supported which means individuals and families study at home (to greater or lesser degrees) and then talk about what they learned when they come to YW classes, Aaronic Priesthood Quorums, Sunday School, Seminary, and Primary.

This is pretty much happening because it's what happens on Sundays.

Part #2

Service and Activities



Service and Activities
Find ideas to help in planning purposeful activities that will help young women live the gospel.

YW Classes



Service and Activities
Find ideas to help in planning purposeful activities that will help young men live the gospel.

AP Quorums



Service and Activities
Discover resources for planning and carrying out Primary activities.

Primary

The second part is Service and Activities - basically what happens on Tuesday, Wednesday or Thursday night as youth.

Surprising to some - it's also home-centered, church-supported which means individuals and families are supposed to do their own service and activities at home and then classes and quorums supplement service and activities on the weeknight you meet together. What's cool is that the emphasis is on experiencing new things and choosing social, physical, intellectual, and spiritual activities that meet the needs of the youth in your class right now. That means every class or quorum is going to choose very different service and activities based on very different personalities and needs.

This is pretty much happening because it's what happens on Weeknights as classes and quorums.

Part #3

Personal Development (Goals)



Personal Development
Learn new ways to develop talents and skills that will help you find joy and purpose in life.

YW Classes



Personal Development
Learn new ways to develop talents and skills that will help you find joy and purpose in life.

AP Quorums

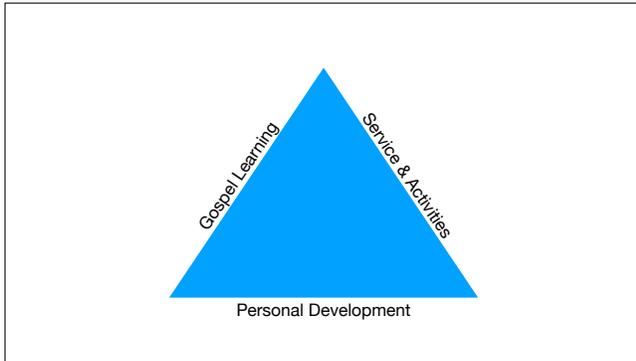


Personal Development
Find resources to assist children in their personal goal setting and development.

Primary

The third part is Personal Development - basically goals in the little booklets you get in January.

It's home-centered, church-supported which means individuals are on their own to set goals and our job as leaders is to encourage them. It's very cool because it asks you to think about what you want and how you want to grow and develop socially, intellectually, physically, and spiritually and then pick your own goals. This is pretty much not happening because we don't have a designated day to do it, Covid's gotten in the way, and most of us don't really know how to pick our own goals because we haven't done it before.



So to summarize . . .

Children & Youth is like a triangle - 3 parts!



Children and Youth is like a 3-legged stool.

- It's Gospel Learning (Come Follow Me),
- Service and Activities (Tuesday or Wednesday nights), and
- Personal Development (the little goal booklets).



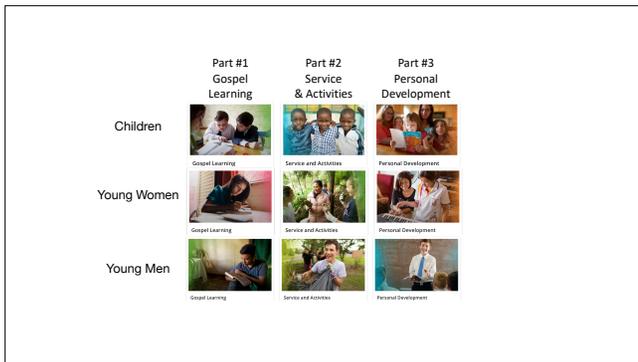
It's like the 3 spidies -

- Gospel Learning,
- Service & Activities, &
- Personal Development



It's like the three musketeers

Gospel Learning,
Service & Activities, and
Personal Development - the goal booklet.



Doesn't matter if you're in Primary, Young Women, or Young Men - it's all the same 3 areas for Children and Youth Initiative.

Children and Youth
Q & A

**Is Children and Youth
church-centered home-
supported?
or home-centered church-
supported?**

Question #2 on Children and Youth

Children & Youth is

HOME-Centered
CHURCH-Supported

Okay - that one was easy - It's home-centered and church-supported

Children and Youth
Q & A

What are the
4
Service & Activity
Areas?

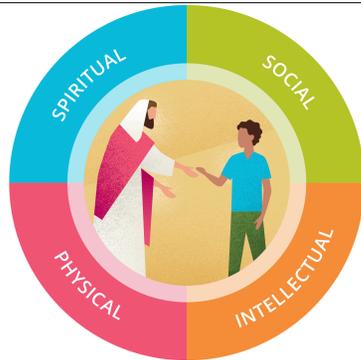
Question #3

What are the 4 Service and Activity Areas?



Right! - Spiritual, Social, Physical, and Intellectual

What are the 4 Personal Development (Goal) Areas?



Oooh - trick question! They use the same 4 areas for both Service & Activities and Personal Development.

Don't get confused - this little circle shows up in both parts of Children and Youth!

Personal Development has 4 kinds of goals just like there are 4 kinds of activities:

Spiritual, Social, Physical, and Intellectual

Part Two: What is in this section?

#2-How to Talk to Your Class/Quorum about Personal Development

- Stand Up and Lead
- Try a Class or Quorum Goal
- Personal Development Youth Guidebook, you have four different pages to write on for each goal.
 - Discover (or brainstorm)
 - Plan by breaking things down into steps
 - Take action and check in often by writing down how things are going so far and what you are learning
 - Finally, you reflect
- How to Talk to Parents - In a 5 Minute Visit

I want to give you a few ideas for how to LEAD out in Personal Development in your class or quorum.

How to talk to your class or quorum

How to talk to parents

5 Micro-Lessons you can teach your class or quorum about goals.

How to Talk to Your Class/Quorum about Personal Development

- Stand Up and Lead
- Try a Class or Quorum Goal
- Have Micro-Lessons about How Goals Work

In 2019 the church chose 3 pilot stakes to try out the Personal Development Guidebooks. Nobody knew how to do them. Nobody had done them before. Do you know how they did it? Basically like this.

A leader decided they needed to and stood up and said, let's do this, what do you say! Those 3 Stake Presidents told the Bishops and the Bishops told the rest of the Youth Leaders (that's you) - we're doing this.

Then a youth leader stood up in front of their class or quorum and said - Let's do this. I know we don't know how, but let's give it a shot. We aren't going to be the only class or quorum who doesn't do it. It's a pilot. They're counting on us! They took the lead and they did it. It's more important to commit to doing it than to worry about exactly how.

You can be that leader!

Try a Class/Quorum Goal

This can happen in several different ways. One way is to do a goal all together, like memorizing a scripture verse for a spiritual goal or learning a song on Ukulele for an intellectual or social goal depending on the interests of your class or quorum. But don't just set the goal and do it together. Use the process in the Personal Development Youth Guidebooks. Brainstorm and write the ideas down. Ask each person to write the goal in their book as a plan. The following week, check in and write down how the practices or planning are going. And finally, after the goal is done, ask each person to write their reflection about the experience in their Guidebooks. They will not only have one goal accomplished, but they'll become more familiar with the booklet and how to set goals.

Another way to do a goal all together is to come up with points for each time a class or quorum member interacts with a goal.



- When you set goals in the Personal Development Youth Guidebook, you have four different pages to write on for each goal.
- First you discover (or brainstorm)
 - Next you plan by breaking things down into steps
 - Then you take action and check in often by writing down how things are going so far and what you are learning
 - Finally, you reflect on what you learned and how you can use it in your life

<p>Discover</p> <p>What do you feel you should learn or improve? Write down impressions and ideas as you think about questions like these: How can I develop my talents?</p> <p><i>Examples: Keep a journal, pray every morning, study the scriptures daily, keep the Sabbath day holy</i></p>	<p>What do I like to do? What responsibilities do I have right now? How can I recognize the Holy Ghost? Who can I serve?</p> <p><i>Examples: Serve others, avoid gossip, make new friends</i></p>
<p><i>Examples: Make and eat healthy food, exercise, clean or improve your surroundings</i></p> <p>18</p>	<p><i>Examples: Develop a hobby or skill, practice speaking, learn how to budget</i></p> <p>19</p>

Each time someone brainstorms the kind of goals they want to do, they can get a brainstorm point.

Brainstorm questions include:

- What do I feel I should learn or change in my life?
- What talents or skills do I want to gain?
- What spiritual habits do I need to develop or improve?
- How can I keep the covenants I made when I was baptized?
- Who can I serve?

<p>Plan</p> <p>My goal:</p> <p>Why is this important to me?</p> <p>How will this help me to become more like Jesus Christ?</p> <p>How I will do it:</p> <p>What are some smaller steps or actions I can take to work toward my goal?</p> <ul style="list-style-type: none"> • _____ DATE / HOW OFTEN _____ • _____ DATE / HOW OFTEN _____ • _____ DATE / HOW OFTEN _____ <p>Who can help me?</p> <p>20</p>	
--	--

Another page in the Personal Development guidebook is a planning page. Each time someone creates or adds to their plan, they can get another point.

- Why is this important to me?
- How will this help me become more like Jesus Christ?
- What actions can I take to do this?
- Can I break these actions into smaller steps?
- What plans can I make now to overcome challenges I may face?

<p>Act</p> <ul style="list-style-type: none"> • What are I learning? • What adjustments do I need to make? 	<ul style="list-style-type: none"> • What has worked? Why? • What has not worked? Why not? • What else can I try? • Where could I get more ideas? • Can I break my goal into smaller steps or actions? • How can I learn from setbacks?
---	---

In the middle of a goal, Action points can be earned by checking in with your goal and answering questions like:

- What has worked? Why?
- What has not worked? Why not?
- What else can I try?
- Where could I get more ideas?
- Can I break my goal into smaller steps or actions?
- How can I learn from setbacks?

<p>Reflect</p> <ul style="list-style-type: none"> • What have I learned? • How am I closer to the Savior? • How can I use what I've learned to serve others? 	<p>Date finished _____</p> <p>I will celebrate my growth by _____</p> <p>What will I do next? Go back to the Discover form for ideas.</p>	<p>22</p> <p>23</p>
--	---	---------------------

Finally, if you complete a goal, you can write your reflection and earn another kind of point

- How have I grown?
- How can I use what I've learned to serve others?
- How have my actions helped me become closer to the Savior?
- How can I continue growing in this area?



Since there's four different kinds of pages for each goal, you can get 4 or more points for each goal you engage with when you brainstorm, plan, act, and reflect on your goals. And that adds to the points for the class goal.

How to Talk to Parents

In a 5 Minute Visit

How to talk to parents in a 5 minute visit

Why bother talking to parents?

- You can learn more in 5 minutes in someone's home than you can in a whole year at church
- Being in someone's home can transform your relationship

Hi. We are Joe and Sam from the Teacher's quorum presidency.

We are introducing the Personal Development Guidebook to all of the families in our quorum.

- The new program is like a 3 legged stool
 - 1 leg is gospel learning (That's come follow me you do at home and on Sundays at Church)
 - 1 leg is service and activities (That's what we do on Wednesday nights.)
 - 1 leg is Personal Development - that's this booklet

As a quorum we have a goal to get as many points as we can this year as a group. You can get points for:

- brainstorming goals on a page like this . . .
- Planning on a page like this . . .
- Checking In in the middle of a goal on the Act page like this . . .
- Reflecting on a finished goal on a Reflect page like this . . .

We hope this supports what you are doing at home!

The important thing to remember is:

- You choose the goals you want
- You do two from each area each year - so 8 total every year
- You get a new book at the beginning of every year

That's it! Thanks for letting us come!

Part Three: What is in this section?

#3-Six Micro-Lessons on how Goals work

- Principle 1: Boring Goals Aren't Motivating - So . . . Choose small interesting goals
- Principle 2: Our Brains Like to See Progress - So . . . Break Your Goal Into Tinier Pieces When You Get Stuck
- Principle 3: Daily Goals create 3 problems: - So . . . Be Careful How You Word Your Goals
- Principle #4: Tracking turns a bad day into good data - So . . . Try tracking as a goal all by itself
- Principle 5: Goals play out in unexpected ways - So . . . Check in with your goal and pivot!
- Principle 6: Agency is not just for choosing right and wrong, it's for choosing what you want in your life. - So . . . Put your agency behind some goals. Quit thinking about it. Jump!

6 Micro-Lessons on Goals

You

Can Teach Your Quorum or Class

Another way to lead out on Personal Development is to teach your class or quorum about goals. Here are some goal principles that will help you set better goals and get traction on moving toward the things you want in your life.

“Enduring to the end means *changing* to the end. I now understand that I am not starting over with each failed attempt, but that with each try, I am continuing my process of change.”



Becky Craven
Keep the Change
Ensign Nov 2020

Becky Craven spoke in October 2020 Conference about change. In her talk she said she imagined the path the same way as a long, upward, vertical path toward her goal of eternal life. Each time she did or said something wrong she imagined herself sliding down the path like **chutes and ladders** only to start her journey all over again. It was so discouraging.

She realized that she was partnering with the Lord and that “Enduring to the end means changing to the end. I now understand that I am not starting over with each failed attempt, but that with each try, I am continuing my process of change.”

Principle 1

Boring Goals Aren't Motivating

So . . .

Choose small interesting goals

Principle 1: Boring goals aren't motivating. So . . . Set small, interesting goals.

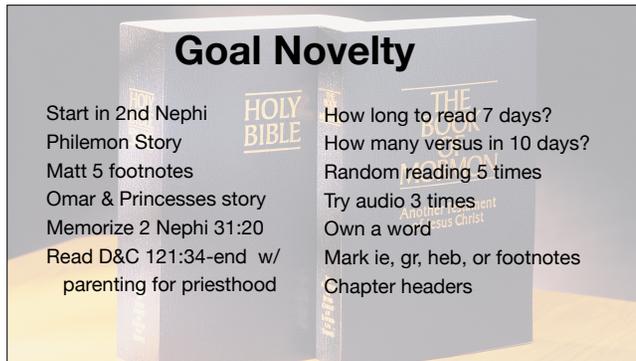
For example, think about the same old New Years Resolutions people make all the time. The top New Years Resolutions are: Lose weight, Exercise, Eat healthy, Finances, and for LDS people - Reading scriptures every day. Boring same old goals. Why do we set the same goals over and over? Because they never end!!! Your health has to be attended to, your finances managed, and your scriptures read until you get hit by a bus and die.

Try this instead: pick a theme like My Year Of Mental Health or My Year of Moving My Body or My Year Of Interesting Scripture Stories. Then set teeny tiny goals around that theme.



For example, this is my friend Arloa. She kept falling asleep reading scriptures and got inspired by Elder Bednar's shelf of Books of Mormon on different topics, so she got excited about hearts and started reading all about hearts in the scriptures. She marks blue for negative hearts like hard, guilty and foolish & red for positive hearts like full, glad, and reflecting. Then she puts cute little scrapbooking tabs on those pages so she can easily find them.

Instead of I'm going to read every morning, try some of these! Memorize my favorite verse. Read just the chapter headers of the Old Testament to get the storyline. Google "perfect" in Hebrew and Greek and write it in my scriptures. Read up on the history of King David. Mark the 52 verses in Don't Miss This study. Google Women in the Bible and choose one to read about. Be able to tell the story of Esther. Read about Purim festival (a dress-up Esther party with party foods) and do a party for my family. What would be fun to tell your friends/leaders/future kids that you did one time. Or choose a word and mark that word in your scriptures and see what you learn.



I've got a question: What's the first verse in 1st Nephi? What's the first verse in 2nd Nephi?
- No one knows.

What's the typical scripture reading goal:

- Read every day
- SMART goal - I'm going to read 1 verse every morning before I get out of bed.
- Let's take the typical goal to read scriptures every day & toss it in the trash. Not because it's not good. Because it's boring.

Our brains like novelty. adventure.

So for novelty - let's start in 2nd Nephi and then when you get to the end - wrap back around to finish.

Imagine you have a scripture goal journal and you have a cluster of these pages with little tiny goals like:

- Read Philemon and be able to tell the story of it. What a worthy goal. It's like 1 page. Interesting guy. Forgiveness lesson.
- Look up all the footnotes for Matthew 5.
- Own the story of Omar and his princess daughters in Ether. Girls will love that one. Or a story like Jacob's Ladder or Esther.
- Memorize 2 Nephi 31:20
- Read D&C 121:34-end and replace Priesthood with YW or YM Leader.
- See how long it takes you to read 1 verse 7 different days.
 - Summarize (It took me 23 days to get in 9 days of reading. Yay! Mission accomplished)
- See how many verses you can read in the next 10 days.
- Randomly open the scriptures and put your finger down and start reading. Try it 5 times and mark a box each time.
- Try out listen to them on audio 3 times on your way to work to see if you like it.
- Own a word like "vain" or "perfect" and figure out what it means in the scriptures.
- Mark footnotes (ie, gr, heb, or) in one chapter and see how you like it.
- Read just the chapter headers

Isn't that more interesting that every new years and general conference you reset the same goal?

Principle 2

Our Brains Like to See Progress

So . . .

Break Your Goal Into Tinier Pieces When You Get Stuck

Break Your Goal Down and create a checklist or plan for each step of the way.

Lots of people have ADHD and other mental health and executive functioning difficulties that make it hard to just write down a goal and then do it. And honestly, Covid has stressed our brains so it's hard for all of us to concentrate, and do what we set out to do.

Research shows our brains like to see progress, even if it's small. Teresa Amabile researched Small Wins and found that even for professionals in business, seeing a tiny win made them feel happier and more motivated and productive for the next several days. Break down your goal into tiny pieces.

- Make Dr. Appointment

Vs

- Look up which doctors are on my insurance
- Put a reminder in my phone to call when they are open
- Call the doctor and make an appointment



I once had to make a phone call and kept putting it off and not doing it. I finally broke it down into three separate micro-goals.

The task had been on my todo list for weeks. When I finally broke it down, it only took me a day to finish it.

Whenever you get stuck on a goal - break your goal down into smaller pieces or make the next immediate step super clear.

Principle 3

Daily Goals create 3 problems:

Whitespace
Streaks

Humongous Goals that Never End Til You Get Hit By a Bus

So . . .

Be Careful How You Word Your Goals

Daily Goals are a recipe for depression.

- They emphasize streaks
- They focus on whitespace
- They never end

Daily Goals Create Whitespace

Cook a Real Meal every day for a month

Vs

See how many Real Meals I can cook in a month

Daily Goals Create Whitespace, so . . . Be Careful How You Word Your Goals
Here's an example

- If my goal is go cook a REAL MEAL every day for a month and it's now the 31st
 - how do you feel looking at this calendar?
 - All you see is **whitespace** - the failures.
- If my goal is to see how many real meals I can cook in a month
 - Now what do you focus on?
 - I start counting checkmarks.
 - Yay! 5! Celebrate!

Daily Goals Create Streaks, and Streaks are a Doubled Edged Sword

17 1

Daily Goals create streaks, and streaks are a double edged sword, so . . . be careful how you word your goals.

1. Let's suppose you worked really hard and through a lot of concentrated effort, you accomplished your goal for 17 days in a row.
2. Pretty soon the streak becomes more important than the purpose of the goal and you just start going through the motions so you don't miss.
3. Streaks also aren't a useful way of measuring progress. When you're on day 17, then you miss a day and go back to 0, then 1 - that tracking style erases the actual progress you've made. 17 isn't anything like 1. That doesn't reflect the reality of the progress you made, so It's not a useful indicator.
4. Instead of I'm going to meditate 31 days in a row, try this:
 1. See how long it takes me to meditate for 5 minutes 31 different times.
 2. See how many times I can meditate in a week/month

28,686 Days

35,587 Days
(As of Valentines Day 2022)

Daily Goals create humongous goals that never end until you get hit by a bus and die.
If you're an average American, according to the World Bank data you're going to live 28,686 days (78.54 years).

If you're President Nelson, you've lived 35,587 days as of Valentines Day 2022.

If your goal is: I'm going to read my scriptures every day or I'm going to exercise every day. That's a humongous goal that never ends!

Be careful how you word your goals!

It's not about flawless effort.

It's about accumulating a large body of gradual effort toward your goal.

Find ways to track the effort you're accumulating, like oil in your lamp drop by drop.

Principle #4

Tracking turns a bad day
into good data

So . . .

Try tracking as a goal all by
itself

When you set a goal, create a way to tracking your progress can give you good data.

Tracking turns a bad day into good data.

So, try tracking your efforts as a goal all by itself.

Meditate 5 Min

Goal Tracking

What do you notice about this person's efforts to Meditate for 5 minutes?

For example, let's suppose your goal was to track your meditation practice by putting a checkmark whenever you did it. What do you notice about your tracking this month?

You might notice:

- I never meditate on Fridays. Hmm I bet that's because I'm with friends after school and in the evening and don't think about it.
- I meditate a lot on Tuesdays and Thursdays. Hmm that's because I do it in my Tuesday Thursday class because I'm so stressed in that class and it helps me calm down.
- Wow, I meditated almost 3 hours this month. That's way more than I thought I was doing.

No judgement here. No labeling it good or bad. Just noticing what's happening with this goal so now you can think about what you want and adjust it if you need to.

Principle 5

Goals play out in unexpected ways
So . . .

Check in with your goal and pivot!

Principle #5 is Goals play out in unexpected ways so, check in with your goal and pivot!



It's important to check in with your goal often, especially when it's not going so well. For example, let's say you have a goal to try out for the school talent show. You break your goal down into signing up for auditions, choosing an act, practicing, and showing up for the audition. After 3 days you still haven't signed up for the audition. Check in with how your goal is going so far.

- What went well? I like the goal and I'm meeting my voice teacher tomorrow to help me pick a song to perform.
- What didn't go well? I still didn't sign up yet.
- What did you learn? I think I didn't sign up because I don't know where or who to ask. I think I can ask at the front office or ask my drama teacher.

Write your answers on the ACT page of your goal in the personal development guidebook.

Principle 6

**Agency is not just for choosing right and wrong, it's for choosing what you want in your life.
 So . . .**

**Put your agency behind some goals.
 Quit thinking about it. Jump!**

Agency is not just for choosing right and wrong, it's for choosing what you want & what you become in your life.

So . . . put your agency behind some goals. Quit thinking about it and JUMP!

You can always adjust and pivot later. You won't know until you act. You can't stand on shore all day.

There is no right decision. There is only staying engaged with your goals

If you know what you want - then give yourself permission to choose what you actually want. If you don't know what you want - take action. Try out random goals. The process of trying out some goals is more important than which goals you pick at first.

CHOOSE! Once you commit all kinds of things start falling into place.

“We are diverse in our cultural, social, and political preferences. The Church thrives when we take advantage of this diversity.”



Dieter F. Uchtdorf
Four Titles
Ensign May 2013

Think about this. Elder Uchtdorf said, “We are diverse in our cultural, social, and political preferences. The Church thrives when we take advantage of this diversity.”

Of course we know this to be true. We honor and celebrate diversity in the church and in the gospel.

“All of us must come to an honest, open self-examination, an awareness within as to who and what we want to be.”



Russell M. Ballard
Keeping Life's Demands in Balance
Ensign Apr 1987

Elder Ballard Said ““All of us must come to an honest, open self-examination, an awareness within as to who and what we want to be.”

Diversity isn't just what we're born with, our race or gender, it's also the diverse choices we we make toward who and what we want to be.

Our goals are part of those choices.

As I coach men and women through their goals, one thing that often comes up is the need for permission to set goals we really actually want and not goals that we believe are just good for us.

Choose goals you WANT to do.

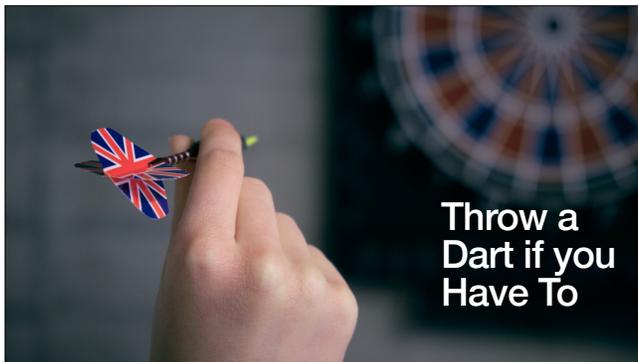
“While the Atonement is meant to help us all become more like Christ, it is not meant to make us all the same. . . . This line of thinking leads some to believe that the Church wants to create every member from a single mold—that each one should look, feel, think, and behave like every other. This would contradict the genius of God, who created every man different from his brother, every son different from his father. Even identical twins are not identical in their personalities and spiritual identities.”



Dieter F. Uchtdorf
Four Titles
Ensign May 2013

Elder Uchtdorf said, “While the Atonement is meant to help us all become more like Christ, it is not meant to make us all the same. Sometimes we confuse differences in personality with sin. We can even make the mistake of thinking that because someone is different from us, it must mean they are not pleasing to God. This line of thinking leads some to believe that the Church wants to create every member from a single mold—that each one should look, feel, think, and behave like every other. This would contradict the genius of God, who created every man different from his brother, every son different from his father. Even identical twins are not identical in their personalities and spiritual identities.”

Those sliders, what we think of as our strengths and weaknesses, are part of our personalities and spiritual identities. We need to quit looking at them as something broken to spend our life fixing, which is going to change the kinds of goals that we set.



Choose a goal to start on. If you brainstorm some goals, but don't know where to start or which to choose. Just choose. Throw a dart if you have to.

What if you discover a goal is uninteresting, too hard, or not a good fit?

It Depends . . .

When children and youth discover that a goal is uninteresting, too hard, or not a good fit, sometimes the right approach will be to keep trying. Other times it will be appropriate for the child or youth to adjust a goal or choose a replacement. Being actively engaged in following the Savior's example of growth is more important than accomplishing specific goals.

It Depends!