

PERSONAL DEVELOPMENT
Youth Guidebook





You Have a Purpose

Your Heavenly Father and His Son, Jesus Christ, know you and love you. You are an important part of Their work, and you can make a great impact on the world.

Heavenly Father has given you talents and spiritual gifts. You can seek revelation to know how to develop your talents, become more like Jesus Christ, and make yourself, other people, and even the world better.

This personal development guidebook offers principles and tools you can use in your efforts to develop your gifts and follow Jesus Christ.



You came to earth from heaven. You are part of a family.

You covenant to follow Jesus Christ when you are baptized and when you take the sacrament.



When you are confirmed, you receive the gift of the Holy Ghost to guide you.



You Are a Precious Child of God

Heavenly Father and Jesus Christ created all things, know all things, and have overcome all things. And They want you to be like Them! As you make covenants and follow God's plan, you can use your unique gifts to grow and to serve others.



You can participate in God's work and serve in the Church under the authority of priesthood keys.



In the temple, you can serve and make covenants that connect God's children forever.

You can learn and grow as you study, live, and share the gospel.



You can find joy when you love and serve others as Jesus would.



Heavenly Father sent His Son, Jesus Christ, to serve as the perfect example and make it possible for you to repent and change.





“Jesus increased in wisdom and stature,
and in favour with God and man.”

LUKE 2:52

You Can Follow the Savior

Heavenly Father wants His children to learn and to grow. He sent His Son, Jesus Christ, to be the perfect example for all of us in every way.

SPIRITUAL

Jesus increased in “favour with God.” You can grow spiritually by showing your love for God and your willingness to live the gospel.

SOCIAL

Jesus grew in “favour with . . . man.” You can grow socially by showing love to all people.

PHYSICAL

Jesus grew in “stature.” You can learn to work and take care of your body, your mental health, and God’s creations.

INTELLECTUAL

Jesus grew in “wisdom.” You can study in school, learn new skills, and improve your talents.



Pray to Heavenly Father for direction.
Pay attention to your thoughts and feelings.
*"I will tell you in your mind and in your heart,
by the Holy Ghost."*

DOCTRINE AND COVENANTS 8:2

A Pattern for Growth

Growing is an important part of Heavenly Father's plan. To help you, Heavenly Father gives you guidance from the Holy Ghost, the scriptures, and living prophets. You will learn from your experiences, especially when you rely on Jesus Christ and His Atonement. Here's a pattern to help you live the gospel in all areas of your life.

Discover what you need to work on.

Plan how you will do it.

Act on your plan in faith.

Reflect on what you have learned.

Discover

Your Needs, Gifts, and Talents



Discover: Explore, Study, Imagine, Seek

Heavenly Father has given you gifts, talents, and abilities. He wants you to discover and develop them to make yourself, other people, and even the world better. How can you improve and grow?

Try asking questions like:

- 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?

Heavenly Father will answer these questions when you rely on Him. Pray. Search the scriptures and the words of living prophets. Read your patriarchal blessing, if you have one. Learn to recognize feelings and thoughts from the Holy Ghost. He will help you know what is most important for you right now. If you aren't sure what to do, see pages 58–63.

“Study it out in your mind; then . . . ask me if it be right.”

DOCTRINE AND COVENANTS 9:8

Once you've decided what you are going to work on, make a plan for how you can do it. Your plan might include specific steps or actions, or it might include ways to develop a habit or personal quality.

Try asking questions like:

- 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?

Pray about your plan, and pay attention to the feelings and ideas you get. You can ask for the help of the Holy Ghost, your family, and your leaders.

"The words of Christ will tell you all things what ye should do."

2 NEPHI 32:3

Follow your plan! Make reminders to help you stay focused. You can make a note, set an alarm, or ask someone to work with you.

Sometimes working on your plan will be hard. Sometimes you'll fail. That's okay! Learning what works and does not work helps you grow.

If you get stuck, try asking 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?

Doing something well takes practice and patience. Ask your family, friends, or leaders for help. The Savior knows you and the challenges you face. He can help you do hard things. Pray for help and direction.

“Verily I say, [you] should be anxiously engaged in a good cause, and do many things of [your] own free will.”

DOCTRINE AND COVENANTS 58:27

Reflect

On What You Learned



Reflect: Think, Learn, Review, Ponder

Ponder about your goals and plans while you are working on them and when you finish. How are you feeling? What have you learned? Writing down thoughts and impressions may help you later on.

Try asking questions like:

- 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?

When you are done working on a goal or plan, thank Heavenly Father and those who helped you. Reflect on the Savior's role in your life when you partake of the sacrament. Think and pray about what you can work on next.



Celebrate your growth! Feel good about your progress and accomplishments.

"Ponder the path of thy feet."

PROVERBS 4:26

Get Started!

Try using the pattern of Discover, Plan, Act, and Reflect to help you follow the Savior's example as you grow. Consider creating goals in each of the four areas to keep your life balanced. You can use the following pages to guide you. Or you can use another journal or goal-setting method that works well for you.

Remember, your growth is up to you, but you aren't meant to do it alone. Your Heavenly Father wants to help you, and you can ask your parents, leaders, and friends for help. Look for opportunities to help others in their growth as well. Heavenly Father wants His children to love and support each other.



Discover

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?

Examples: Keep a journal, pray every morning, study the scriptures daily, keep the Sabbath day holy



Examples: Make and eat healthy food, exercise, clean or improve your surroundings

What do I like to do? What responsibilities do I have right now? How can I recognize the Holy Ghost? Who can I serve?

Examples: Serve others, avoid gossip, make new friends



Examples: Develop a hobby or skill, practice teaching, learn how to budget

Plan

My goal:

Why is this important to me?

How will this help me to become more like Jesus Christ?

How I will do it:

What are some smaller steps or actions I can take to work toward my goal?

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Who can help me?

Act

- *What am I learning?*
- *What adjustments do I need to make?*

A large grid of small dots, arranged in approximately 20 rows and 40 columns, intended for handwritten notes or answers.

Reflect

- *What have I learned?*
- *How am I closer to the Savior?*
- *How can I use what I've learned to serve others?*

A large grid of small dots for writing reflections.

Grid of dots for writing.

Date finished:

I will celebrate my growth by:



What will I do next?

Go back to the Discover form for ideas.

Plan

My goal:

Why is this important to me?

How will this help me to become more like Jesus Christ?

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Go back to the Discover form for ideas.

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How I will do it:

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Who can help me?

Act

- *What am I learning?*
- *What adjustments do I need to make?*

A large grid of small dots, arranged in approximately 20 rows and 30 columns, intended for handwritten notes or answers.

Reflect

- *What have I learned?*
- *How am I closer to the Savior?*
- *How can I use what I've learned to serve others?*

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Grid of dots for writing.

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Go back to the Discover form for ideas.

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Go back to the Discover form for ideas.

Plan

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How will this help me to become more like Jesus Christ?

How I will do it:

What are some smaller steps or actions I can take to work toward my goal?

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Who can help me?

Act

- *What am I learning?*
- *What adjustments do I need to make?*

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Reflect

- *What have I learned?*
- *How am I closer to the Savior?*
- *How can I use what I've learned to serve others?*

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Grid of dots for writing.

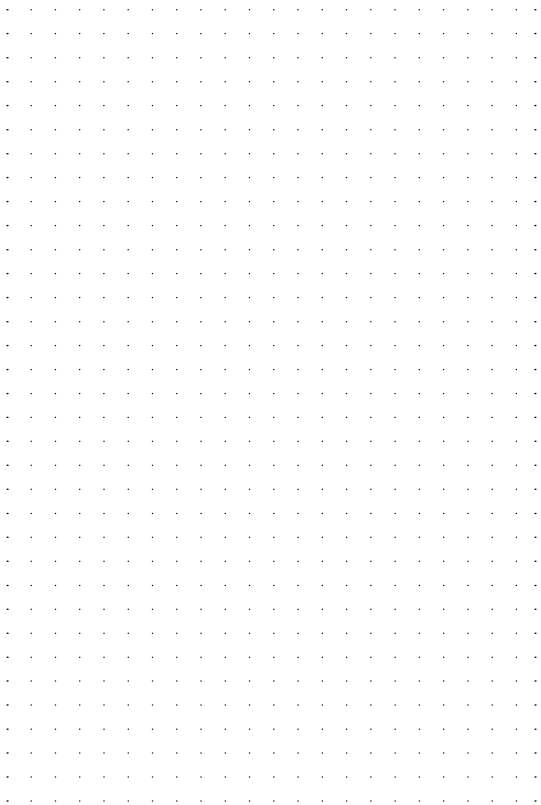
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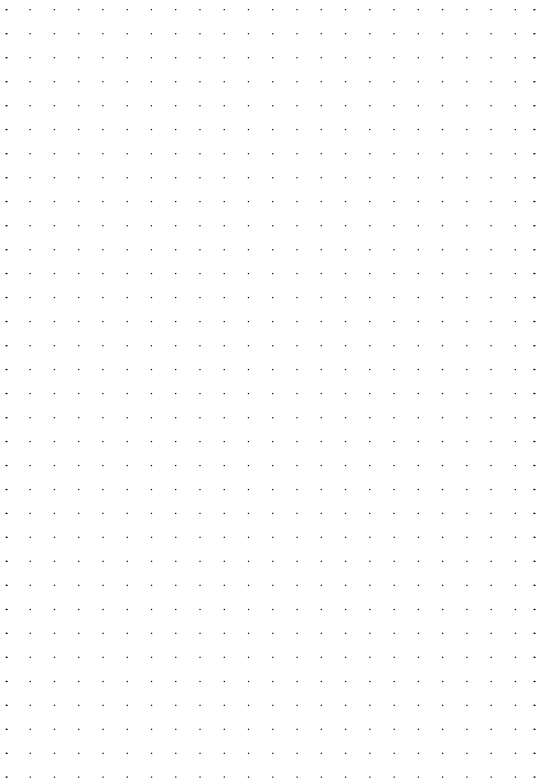
I will celebrate my growth by:



What will I do next?
Go back to the Discover form for ideas.

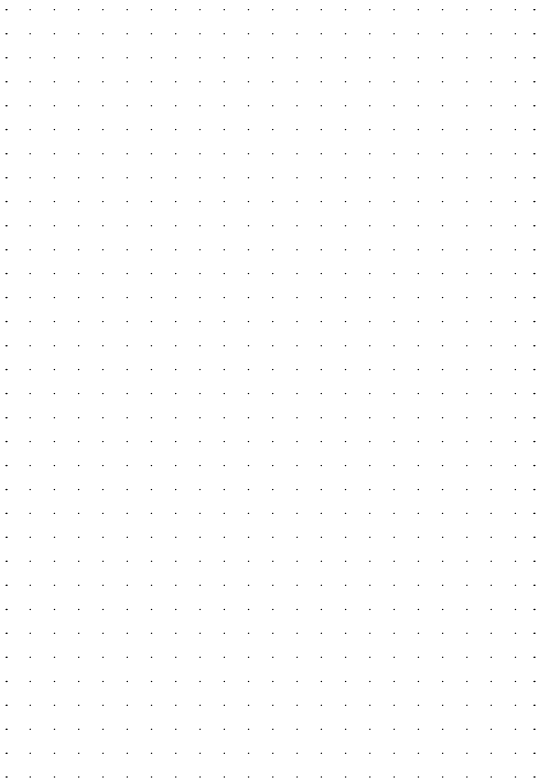
IMPRESSIONS AND IDEAS





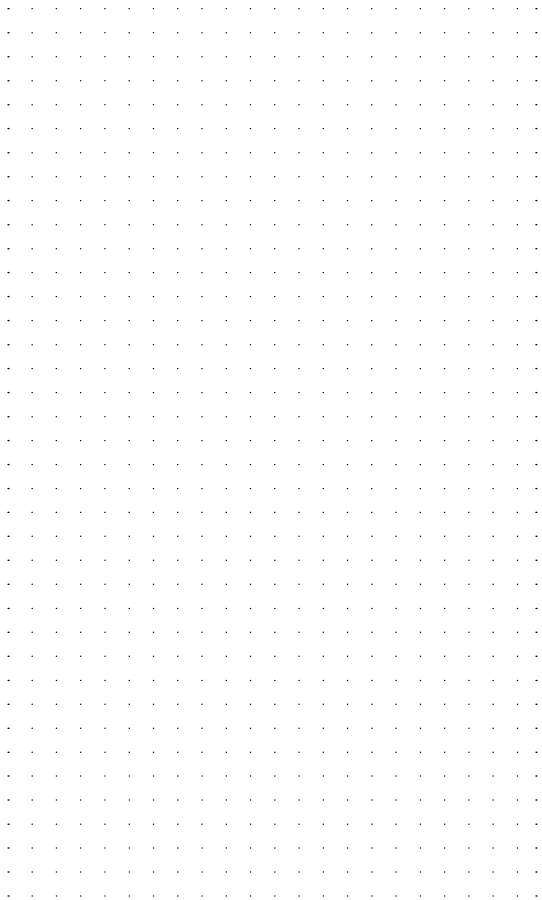
*“Learn of me, and listen to my words; walk in the meekness
of my Spirit, and you shall have peace in me.”*

DOCTRINE AND COVENANTS 19:23



“And Christ hath said: If ye will have faith in me ye shall have power to do whatsoever thing is expedient in me.”

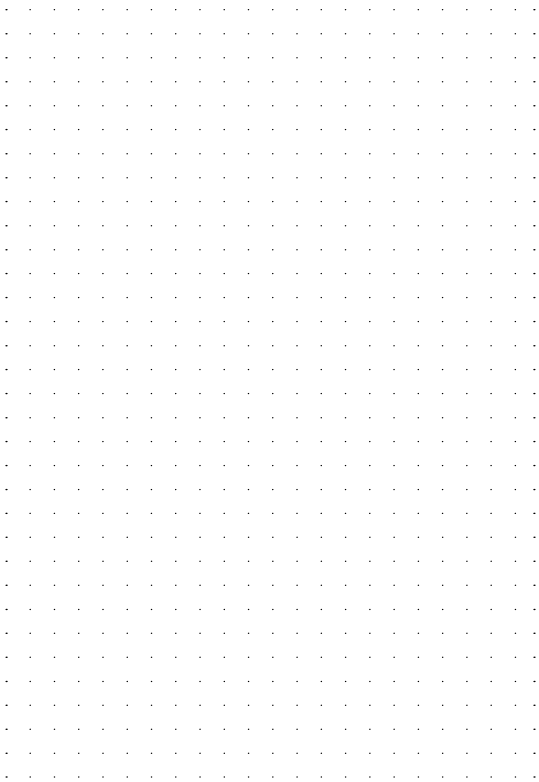
MORONI 7:33



THINGS TO REMEMBER

- Activities or lessons I liked
- Ways I felt closer to the Savior
- People I served or who had an impact on me
- Things I learned

A large grid of dotted lines for writing, consisting of 20 rows and 40 columns of small dots.



*"I can do all things through Christ which
strengtheneth me."*

PHILIPPIANS 4:13

Ideas for Growing in All Areas of Life

There are so many ways you can grow in your life! Get ideas from the following pages, or come up with your own. Ask Heavenly Father to help you know what you need to work on right now.

You can find additional ideas at ChildrenandYouth.ChurchofJesusChrist.org and on the Gospel Living app.

Spiritual



Social



Physical

Intellectual

SPIRITUAL

- Pray sincerely.
- Study the scriptures and words of living prophets.
- Look for opportunities to share the gospel.
- Discover and develop your spiritual gifts.
- Prepare for your patriarchal blessing.
- Worthily receive and hold a temple recommend.
- Work on your family history and serve in the temple.
- Express gratitude daily.
- Keep a commandment more completely.
- Study the life of Christ.
- Worthily partake of the sacrament each week.
- Participate in seminary.

SOCIAL

- Pay more attention to the needs of others.
- Learn to listen well and express ideas clearly.
- Love and serve people around you.
- Spend time with family.
- Prepare to be a spouse and parent.
- Develop resilience—the ability to adapt and endure when things become difficult.
- Get involved in school or community activities.
- Find ways to care for the poor.
- Learn to apologize. Learn to forgive.
- Speak and act kindly, and avoid gossip.

PHYSICAL

- Improve your physical health and strength.
- Learn or improve in a physical skill, such as sports, dance, or outdoor activities.
- Learn or improve in an artistic or craft skill.
- Manage physical desires in a healthy way.
- Learn ways to protect yourself from abuse, and seek help if needed.
- Avoid pornography.
- Find healthy ways to manage emotions and stress.
- Learn to take care of children.
- Practice good hygiene.
- Learn to safely use basic garden and home tools.
- Learn first-aid and outdoor survival skills.
- Use appropriate language, and don't swear.

INTELLECTUAL

- Improve your reading and writing skills.
- Develop good study habits.
- Find out what you need to do to get a good job, and start working toward that goal.
- Learn more about something you are interested in.
- Talk with people you admire to find out how they developed the attributes you want to gain.
- Learn how to manage money wisely.
- Study a gospel topic in depth.
- Learn basic job skills that you can use now and later.
- Attend cultural events.
- Learn another language.
- Become more self-reliant.
- Learn and practice principles of self-discipline.

Resources

Personal Development: Youth Guidebook

Personal Development: Children's Guidebook

For the Strength of Youth

Children and Youth Website

ChildrenandYouth.ChurchofJesusChrist.org

Gospel Living App

Available for Android and Apple mobile devices



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Name

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Year

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

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