

# Change

Christlike  
Attributes &  
Fruits of  
Repentance  
Matt 3:8

Spiritual Strengthening

Scriptures

Prayer

Strengthen My  
Emotional  
Health and  
Build  
Resilience

- Control the amount of social media and type of media I see
- Focus on daily self care  
{Exercise, Sleep, Gratitude, Living in the Present}
- Daily repentance of self defeating thoughts  
{Ask God to help me see myself as He sees me}
- Seek professional counseling

Ask for Christ's grace,  
or enabling power,  
to change me and help me overcome my weaknesses

The changes will come & His power will literally  
change me



Hope and Faith in Christ

John 14:6  
Moroni 10:32-33  
D&C 19:16  
D&C 18:10-11  
Matthew 1:21

1 John 2:1  
Alma 5:27  
Alma 27:18  
2 Nephi 1:15  
Moroni 6:8

Drawing the Power of Jesus Christ into Our Lives  
-President Nelson

His Grace is Sufficient-Brad Wilcox

Control  
My  
Thoughts

Favorite Scripture

Physical Activity

Remind Myself of Who I Am

Bigger Activity

Enos  
Experience  
Enos 1:1-8

- Go somewhere I won't be interrupted or distracted
- Pray fervently for God to remind me of any sin I have not yet repented of and write down each sin
- Ask God to forgive me for every item on my list
- Talk to my Bishop regarding sins necessary of confession
- My goal is to truly repent and be clean as the day of my baptism

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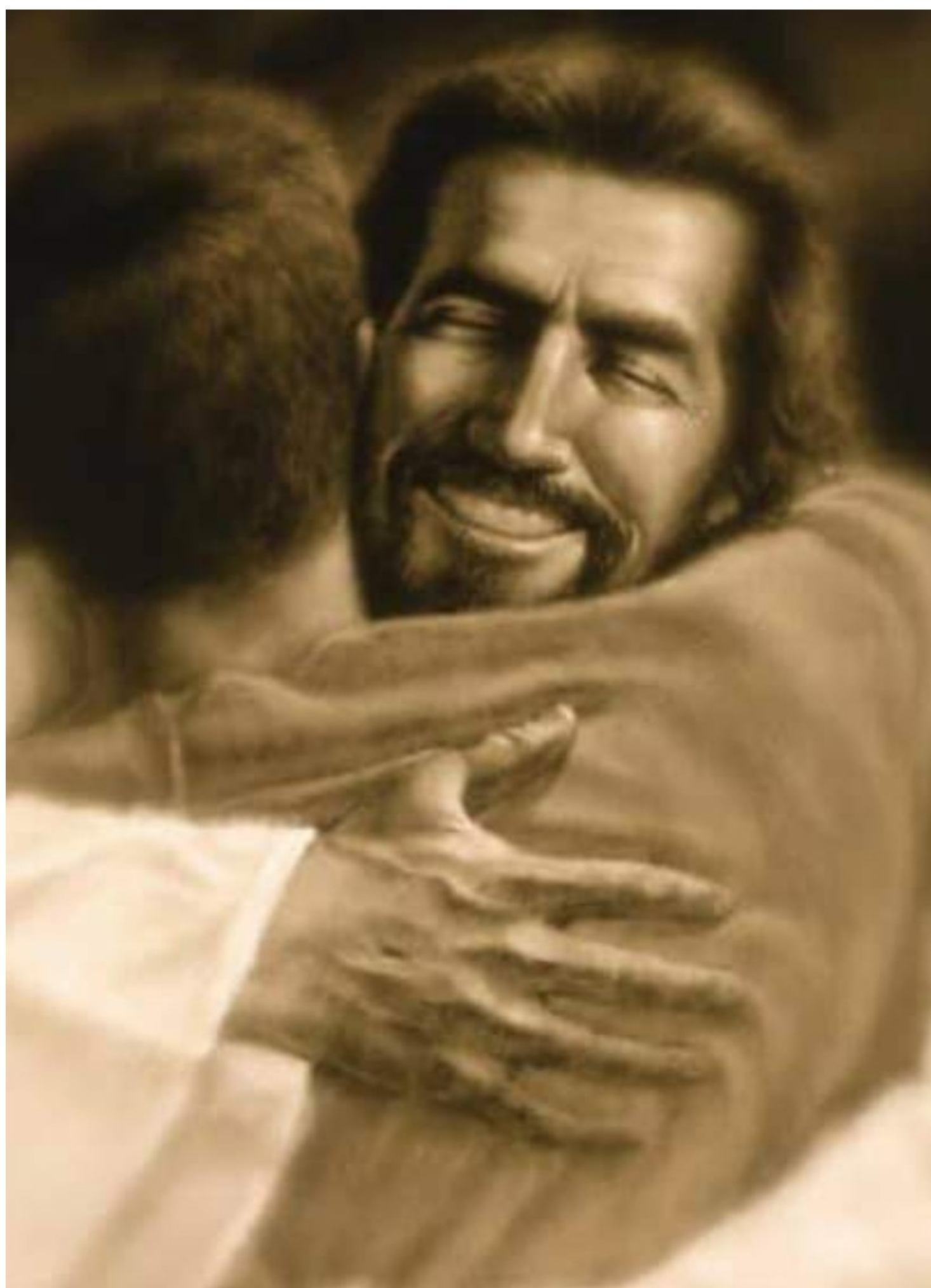
Initiative Goals

Strengthen My  
Emotional  
Health and  
Build  
Resilience

- Seek support from parents/trusted adult
- Control the amount of social media and type of media I see
- Focus on daily self care {Exercise, Sleep, Gratitude, Living in the Present}
- Daily repentance of self defeating thoughts {Ask God to help me see myself as He sees me}
- Seek professional counseling

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