

I am a beloved daughter of Heavenly Parents, with a divine nature and eternal destiny. As a disciple of Jesus Christ, I strive to become like Him. I seek and act upon personal revelation and minister to others in His holy name. I will stand as a witness of God at all times and in all things and in all places.

As I strive to qualify for exaltation, I cherish the gift of repentance and seek to improve each day. With faith, I will strengthen my home and family, make and keep sacred covenants, and receive the ordinances and blessings of the holy temple.

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SPIRITUAL



FIRST AID KIT

Name: \_\_\_\_\_

SPIRITUAL



FIRST AID KIT

Name: \_\_\_\_\_

FIVE PEOPLE I CAN CONTACT

[Empty rounded rectangular box for writing]

[Empty rounded rectangular box for writing]

[Empty rounded rectangular box for writing]

[Empty rounded rectangular box for writing]

[Empty rounded rectangular box for writing]

A SPIRITUALLY STRENGTHENING  
MEMORY I CAN REFLECT ON

[Large empty rounded rectangular box for writing]

FIVE PEOPLE I CAN CONTACT

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A SPIRITUALLY STRENGTHENING  
MEMORY I CAN REFLECT ON

[Large empty rounded rectangular box for writing]

## TEN THINGS I CAN DO WHEN I

Blank writing area for ten things I can do when I

## ABOUT MY LIFE

Blank writing area for about my life

## TEN THINGS I AM

Blank writing area for ten things I am

## FIVE SONGS THAT LIFT ME UP

Blank writing area for five songs that lift me up

## FIVE SCRIPTURE VERSES I LOVE

Five horizontal rounded rectangular boxes for writing scripture verses.

## FIVE VERSES ABOUT GOD'S LOVE

Five horizontal rounded rectangular boxes for writing verses about God's love.

## TEN THINGS I LOVE

Ten horizontal rounded rectangular boxes for listing ten things loved.

## FEEL SAD OR DISCOURAGED

Five horizontal rounded rectangular boxes for describing feelings of sadness or discouragement.

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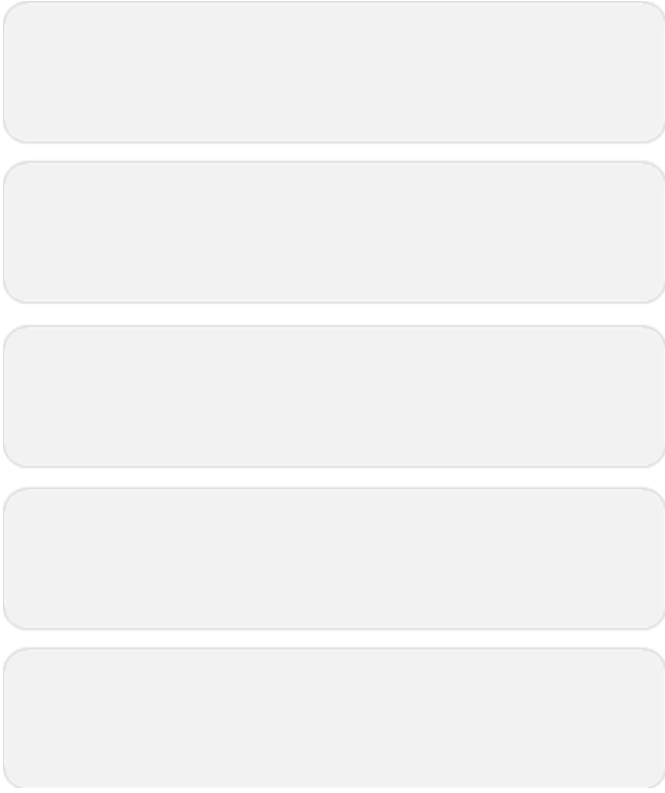
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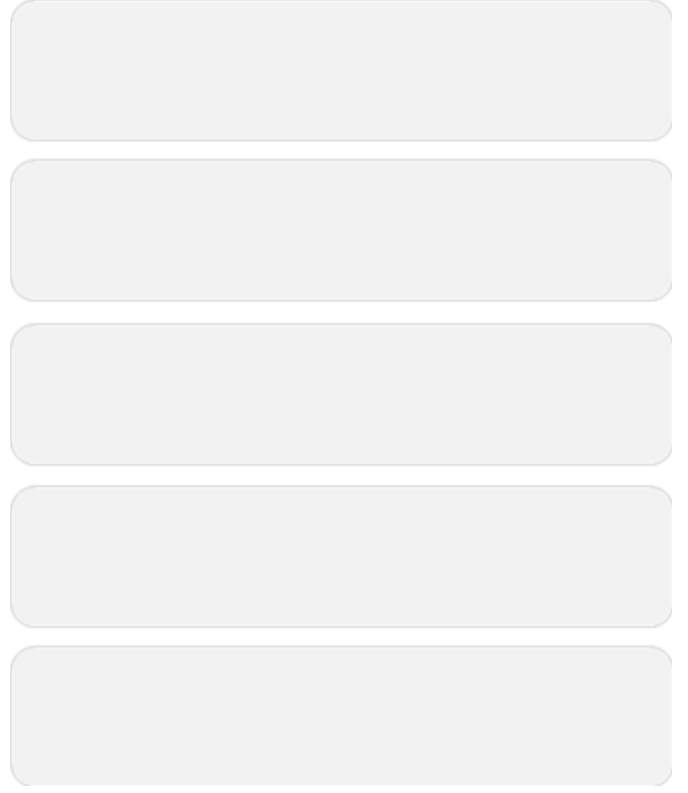
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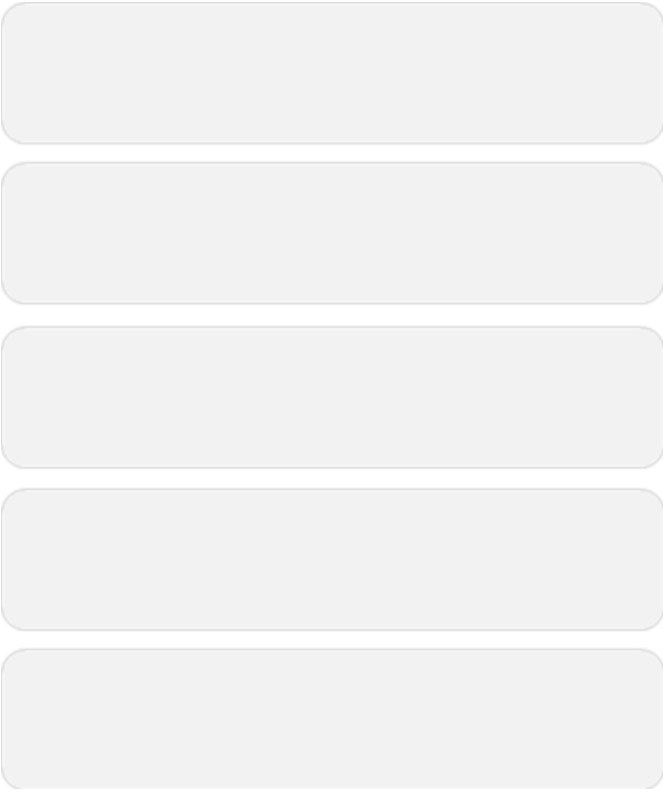
Five empty rounded rectangular boxes stacked vertically, intended for writing ten things.

## LIKE ABOUT ME



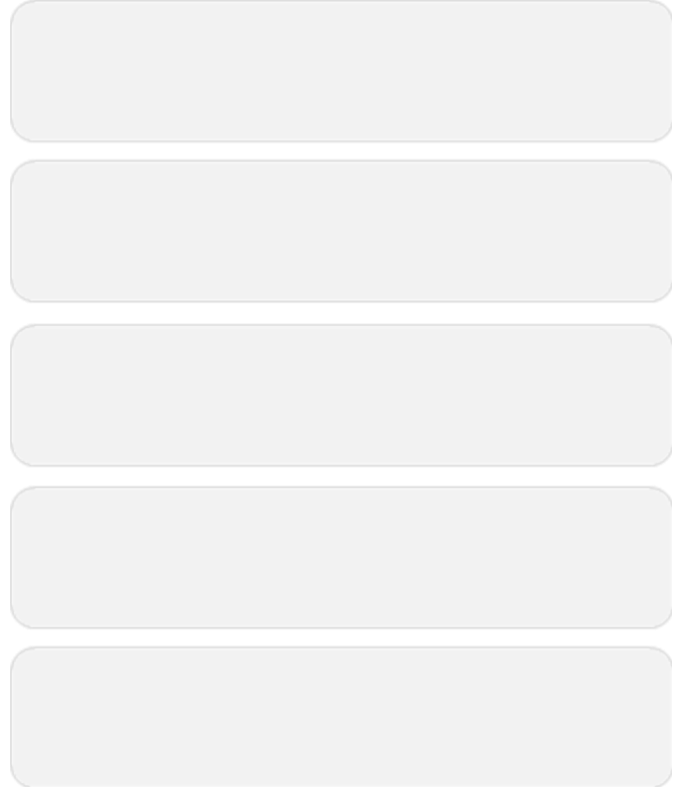
Five empty rounded rectangular boxes stacked vertically, intended for writing things liked about me.

## TEN THINGS I



Five empty rounded rectangular boxes stacked vertically, intended for writing ten things.

## LIKE ABOUT ME



Five empty rounded rectangular boxes stacked vertically, intended for writing things liked about me.

## FIVE HAPPY MEMORIES

Five horizontal rounded rectangular boxes stacked vertically, intended for writing five happy memories.

## GRATEFUL FOR

Five horizontal rounded rectangular boxes stacked vertically, intended for writing five things one is grateful for.

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