

# Spiritual

Complete ☐

My Goal:

Why is this important to me?

How I will do it: (smaller steps or actions) Date/How often

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Who can help me?

What am I learning?

What adjustments do I need to make?

Reflect: What have I learned? How am I closer to the Savior? How can I use what I have learned to serve others?

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# Physical

Complete ☐

# Intellectual

Complete ☐

# Spiritual

- Be involved and active in your seminary class. Make a plan to improve your attendance or participation over \_\_\_\_ weeks.
- Improve your daily scripture study. Make a plan to read \_\_\_\_ minutes/pages/chapters per day. Track your progress for \_\_\_\_ weeks.
- Give a talk in a church meeting, fireside, or FHE. What steps will you take to prepare your message? What is the goal of your message or what do you want others to learn from your talk.
- Read Joseph Smith History. Reflect in your journal about what you have read.

# Social

- Make a plan to visit the Family History Center \_\_\_\_ times and research your family history. Involve your family to help. What will you do with what you have discovered? Choose a person to "Walk in Memory" of during Trek in July.
- Help plan and carry out a service project with your family or class/quorum. Who will your service benefit?
- Get involved in a program to benefit your community. Track your time over \_\_\_\_ weeks.
- Plan a Family Home Evening or class/quorum activity related to the handcart pioneers. What can you teach or learn about their experiences?

## Goal Ideas

Need some ideas on good goals to set for yourself in each of the four areas?  
Try one of these!

- Sign up for an event such as a 5K or a triathlon. Make a plan on how you will train for it.
- Join a team sport. How will you help your team succeed? Track how often you attend practices and team events.
- Make a plan to improve your nutrition. Track progress for \_\_\_\_ weeks. (ex. Reduce soda or sugary drinks to \_\_\_\_ times per week and drink \_\_\_\_ oz of water each day. Track your fiber or protein intake and make adjustments to meet your nutritional needs.)
- Make an exercise plan. Walk, jog, or bike 3-5 times a week. Track your progress over \_\_\_\_ weeks

# Physical

- Learn about the Martin and Willie handcart companies by reading the book Journal of the Trail. Choose 2-3 experiences and discuss them with your family or members of your trek family. How can what you learned apply to you today?
- Learn to sew and make a part of your trek clothing. Start with small practice projects and work your way up to your final product.
- Begin or improve a personal journal. Make a plan to write \_\_\_\_ days per week over \_\_\_\_ months.
- Research articles from the Ensign, New Era or conference talks about Pioneer heritage. Make a power point to present what you learned to your class.

# Intellectual