

*Young Women*  
PERSONAL PROGRESS



*STANDING AS A  
WITNESS OF GOD*



# *Faith*

*Faith is not to have a perfect knowledge of things;  
therefore if ye have faith ye hope for things which are not  
seen, which are true (Alma 32:21).*



I am a daughter of Heavenly Father, who loves me. I have  
faith in His eternal plan, which centers on Jesus Christ,  
my Savior.



# Faith

## REQUIRED VALUE EXPERIENCES

*Complete the following three required value experiences. Have your parent or leader sign and date each experience after you finish.*

✓1.

12/11/2014

✓2.

12/11/2014

✓3. My Journal

12/13/2014

Having gratitude in your trials and circumstances. President Uchtdorf gave a talk on this topic and Damon read it several times. He was inspired which inspired me in how we can have gratitude in our trials through the examples of Nephi, Job, and Joseph Smith. And that was that through the plan of happiness, the atonement and the resurrection -- nothing else matters including our severe trials because they go so far and beyond anything we might be experiencing right now. I gave a lesson on this same talk and was able to share this inspiration with the sisters in attendance.

## ADDITIONAL VALUE EXPERIENCES

*Complete three additional value experiences. You may select from the following options or write up to two of your own. Your parent or leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.*



## ✓4. My Journal

12/13/2014

Promises I make during the Sacrament

- willing to take upon me the name of Jesus
- always remember Him
- keep His commandments

How do I keep these promises?

- Comfort and strengthen others
- bear others' burdens
- stand as a witness
- follow Jesus' example

How your understanding of these promises has strengthened your faith in the Savior?

- Learning about how to keep my baptismal covenants through a general women's conference helps me to see that faith in the Savior is so integral a part of baptism and how his example can help me bless others.

- After my diagnosis and surgery, I really felt an outpouring of love and compassion and kindness to me and my family as so many friends, family, and ward members gave and exemplified keeping their baptismal covenants which then strengthened my faith in the Savior.

## ✓5.

12/11/2014

## ✓6.

12/11/2014

## \_\_\_7.



## PERSONALIZED VALUE EXPERIENCES

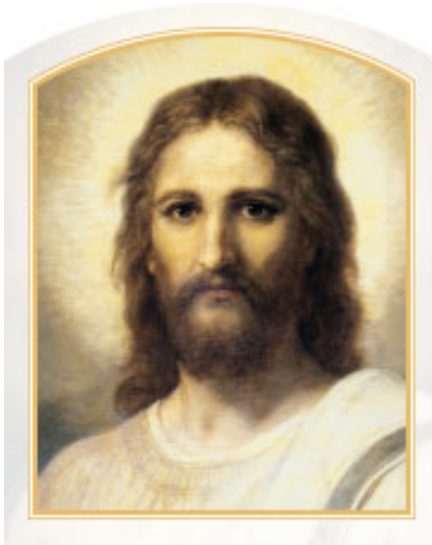
—8

—9.



# *Divine Nature*

*Be partakers of the divine nature. ... Giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness brotherly kindness; and to brotherly kindness charity (2 Peter 1:4–7).*



I have inherited divine qualities, which I will strive to develop.



# *Divine Nature*

## REQUIRED VALUE EXPERIENCES

*Complete the following three required value experiences. Have your parent or leader sign and date each experience after you finish.*

✓1.

12/11/2014

✓2 My Journal

1/2/2015

I've tried each day to find at least one time that I have made a conscious choice to be kinder. It's the small and simple things that build upon each other that can then make a significant impact.

Attributes Love, compassion, patience, loyalty, integrity, creativity, testimony, quality time, charity, humility, kind.

Being kind

✓3.

12/11/2014

## ADDITIONAL VALUE EXPERIENCES

*Complete three additional value experiences. You may select from the following options or write up to two of your own. Your parent or leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.*



#### ✓4. My Journal

1/2/2015

I was able to share with my extended family, especially the younger children, the impact they have made on my life with their simple prayers on my behalf. I let them know that by their praying for me they were keeping their baptismal covenants which will give them knowledge, protection, and power. What beautiful blessings we can receive by keeping our covenants!

\_\_\_5.

#### ✓6. My Journal

1/2/2015

Divine qualities

love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance, peacemakers, love one another, mercies, kindness, humbleness of mind, meekness, longsuffering forbearing one another, forgiving one another, charity, let the peace of God rule in your hearts, be thankful, let the word of Christ dwell in you richly in all wisdom teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord, do all in the name of the Lord Jesus, giving thanks to God and the Father by him, love your brother as yourself.

As with another experience, I chose kindness. I was able to find an opportunity every day to choose a kinder way to express myself. This, along with other things, has enriched my life and has grown my spirit and testimony. As my physical body grows weaker, my spiritual capacity is increasing. I feel as though I am being prepared for a mission.

#### ✓7. My Journal

1/2/2015

Focusing on what really matters and keeping an eternal perspective has helped me in my choice to be a peacemaker. As my testimony and spiritual life increases, my desire and ability to be a peacemaker also has increased. Isn't peace what this world needs more of?





## PERSONALIZED VALUE EXPERIENCES

—8

—9.



# *Individual Worth*

*Remember the worth of souls is great in the sight of God  
(D&C 18:10).*



I am of infinite worth with my own divine mission, which  
I will strive to fulfill.



# *Individual Worth*

## REQUIRED VALUE EXPERIENCES

*Complete the following three required value experiences. Have your parent or leader sign and date each experience after you finish.*

✓1. My Journal

12/16/2014

He knows us by name, we are great in his sight just because we are. He loves everyone unconditionally and individually. No matter who we are in this world because we are his.

✓2

12/11/2014

✓3. My Journal

12/16/2014

This year has been such an amazing year for that. People who I might have avoided, are now dear friends. You see their souls shining through their eyes. I've had a touch of heaven through this experience to see others more like the Savior sees them. As I've had so many discussions with people and shared my feelings and testimony I feel so much more confident in speaking up and feeling like I have value to give.

## ADDITIONAL VALUE EXPERIENCES

*Complete three additional value experiences. You may select from the following options or write up to two of your own. Your parent or leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.*



✓4.

12/11/2014

✓5. My Journal

12/16/2014

I was in a community Christmas choir and orchestra and was able to develop more of my skill in violin and grew my confidence in that area.

\_\_\_6.

✓7. My Journal

12/22/2014

From my sister Shelby "The Lord has abundantly blessed Tiffany with positive qualities. She is a great example of someone who loves others, has great faith, is a loyal friend, is kind, is charitable, expresses gratitude, always is trying to improve herself. She is one who follows the 13th Article of Faith and all the qualities of Christ."

From Damon "Here are some of the positive qualities the Lord has given you

Love of the Gospel

Love of truth

Love of others

Love of teaching

Strengthening others

Compassion for others

Understanding of others

Determination, especially in the face of opposition"

Divine Qualities of Tiffany Janis



Pure Heart- Tiffany, you are one of the most pure hearted individuals I know. When I say that I don't mean you are perfect even though you are really close . I mean one of your gifts is that your desire and your greatest goal is to do God's will. You are not driven by any motive other than LOVE..... love of family, love of others and love for your Heavenly Father and Savior Jesus Christ. That inner purity of motive is a gift and reflects outwardly. I have never heard you participate in gossip in fact you seem to always see the best in others and in your situation. You Tiffany are without guile!

Passion- Tiffany one of your greatest gifts is your passion. Your passion for Life, the gospel, your family and the things you believe in. Your passion drives you to be so creative in the ways you live and share the gospel. I can imagine you were on the front lines in the battle in heaven being one of our Saviors most valiant supporters! I imagine the minute we started to sing, you were immediately singing praises to HIS name with vigor....on the front row!!! This passion fuels everything you do, it is felt by others and inspires those around you! I truly feel this passion which is very closely tied with the gift of Hope has kept you here and allowed you to endure your trials with grace and dignity!

Faith- You have a gift of faith. Everytime you have a chance to decide which way you will face, inward, outward or upward. You choose UP! You continually look to the Lord for direction, strength and clarity. Over and over you exemplify the willfull submission to the will of the Lord. Faith is a choice, one that you choose over and over again. You are unwavering. Even though you have expressed grief at different points in your life over challenges and trials you have never turned away from the Lord. You are a woman of prayer, fasting and you love the house of the Lord. This Faith is evident in the way you speak and the way you live!

Tiffany, I love you! These are just a few of the many gifts I see in you!



Love ,

Jennifer

I can continue to develop these qualities by sharing on facebook and every interaction I have with visitors I strive to help them strengthen their testimonies through mine.

## PERSONALIZED VALUE EXPERIENCES

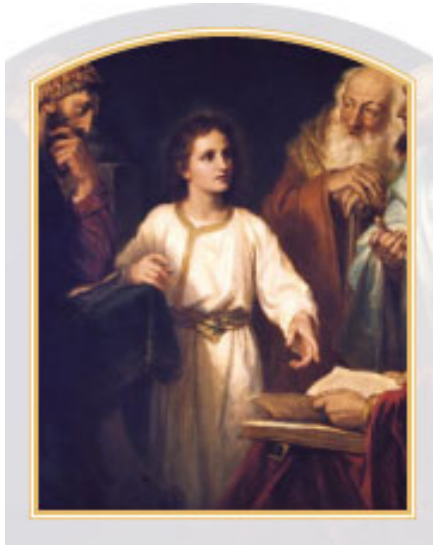
\_\_\_8.

\_\_\_9.



# *Knowledge*

*Seek learning, even by study and also by faith  
(D&C 88:118).*



I will continually seek opportunities for learning and growth.



# Knowledge

## REQUIRED VALUE EXPERIENCES

*Complete the following three required value experiences. Have your parent or leader sign and date each experience after you finish.*

### ✓1. My Journal

12/16/2014

There are different levels of knowledge we can gain in this life the most important being knowledge of the gospel -- man cannot be saved in ignorance. If we seek it diligently, the Lord will give us line upon line as we can handle knowledge to fulfil our divine role and mission in life and eternity. The more knowledge we gain, the more we can bless others.

### ✓2. My Journal

12/17/2014

Learning to play the piano. Magnifying the talents the Lord has given to us. I've always wanted to learn the piano. We had the means and a wonderful teacher. I learned so much from her. I gained such a repertoire and became a pianist.

Talents I have piano, singing, listening, teaching, violin, faithfulness, videography/documentaries, spirituality, love of learning the gospel, mother, wife, homemaker, creativity,

To develop charity, compassion, soft tongue,

### ✓3. My Journal

12/17/2014

I use the Article of Faith 13 to guide my choices in what I will attend as far as performances. We've watched many more movies in the past 15 months and I use that as my criteria -- Captain America was very violent and I felt different. We've watched many older movies and it's been delightful. Maybe 2 or 3 out of many dozen





that we've seen haven't followed those guidelines. My goal is to always use this as a guide.

## ADDITIONAL VALUE EXPERIENCES

*Complete three additional value experiences. You may select from the following options or write up to two of your own. Your parent or leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.*

### ✓4. My Journal

12/17/2014

Trust, humility, gratitude -- I've searched them out, found scriptures and found deeper meaning with each of these principles. I shared my insights on my facebook page, Tiffany's Happy Corner. I learned how much information can be found by going to lds.org and searching. I recently went through the Book of Mormon finding the word "heart."

### ✓5. My Journal

12/17/2014

EFT - emotional freedom technique. Alissa Hancock is certified in several different modalities of emotional clearing including EFT. I went to a seminar on EFT and talked to several people there learning more about it. I listened to 40 hours of training by the guy who started it. It is used by counselors, therapists, and other medical providers as well as stand-alone practitioners to help people with their emotional health.

\_\_\_6.



## ✓7. My Journal

12/17/2014

I put on a YW night for camp certification on first aid including a slide presentation in an engaging way. I put together a kit for the presentation and use it as our family kit.

The YW manual is a great resource. I feel that teaching the girls how to handle emergencies, I gained a greater knowledge of emergency techniques.

## PERSONALIZED VALUE EXPERIENCES

\_\_\_8.

\_\_\_9.



# *Choice and Accountability*

*Choose you this day whom ye will serve; ... but as for me  
and my house, we will serve the Lord (Joshua 24:15).*



I will choose good over evil and will accept responsibility  
for my decisions.



# *Choice and Accountability*

## REQUIRED VALUE EXPERIENCES

*Complete the following three required value experiences. Have your parent or leader sign and date each experience after you finish.*

### 1. My Journal

12/20/2014

Even something as simple as getting up early has been a new discovery for me. I'm more awake and alert at that time. Successful people get up early. I have more clarity when I read and study and pray regularly. I can then receive more inspiration during those times.

### 2

12/11/2014

### 3. My Journal

12/20/2014

In the Garden of Eden, Adam made the choice to have family. He had to use his agency for that. It is our responsibility, he won't make that choice for us. In the temple we see the good and the bad, good choices bring us freedom and happiness and a life with God. If we choose evil, we choose misery and life without God. But the choice is ours to make. If we are comfortable in evil, we lose our freedom. Our responsibility is to stay in tune with the spirit and not let evil influences influence us. You can't pick the consequence -- the choice you make comes with a consequence. Wickedness never was happiness.



## ADDITIONAL VALUE EXPERIENCES

*Complete three additional value experiences. You may select from the following options or write up to two of your own. Your parent or leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.*

### ✓4. My Journal

1/2/2015

Sometimes we are out of balance in our life, and if we seek to know what's wrong we can repent and then move forward. Repentance is the ultimate personal progress according to Sister Dalton. What an incredible promise in Alma 26 by exercising repentance! Jesus pleads with us to repent so we don't have to suffer as he suffered. He has already paid the price for our sins, so why suffer them over again?

By seeking through prayer to know what more I need to do, I have discovered more fully the love the Lord has for me. Through His gentle and loving guidance I have come to know this and have been taught.

### ✓5. My Journal

12/18/2014

Keep the spirit with you and you'll do better in your life. Your personal compass. You'll know the truth of all things through the Holy Ghost. He knows all truth so he can tell you all things that you should do and won't lead you astray. Seek to have him with you at all times and you will have his companionship your whole life.

### ✓6. My Journal

12/18/2014

We are daughters of a loving Heavenly Father. Stand as a witness and live the values. Why? We will be prepared to strengthen home and family, make and keep sacred covenants, receive the ordinances of the temple, and enjoy the blessings of exaltation.



My life is full of joy because I have lived according to the 13th Article of Faith and by living these values. I have more to offer, more to serve with. If we live according to the theme it will give us happiness. Everything we have is a gift from God. And it's our choice to choose misery or happiness.

\_\_\_7.

## PERSONALIZED VALUE EXPERIENCES

\_\_\_8.

\_\_\_9.



# Good Works

*Therefore let your light so shine before this people, that they may see your good works and glorify your Father who is in heaven (3 Nephi 12:16).*



I will help others and build the kingdom through righteous service.



# Good Works

## REQUIRED VALUE EXPERIENCES

*Complete the following three required value experiences. Have your parent or leader sign and date each experience after you finish.*

### 1. My Journal

12/20/2014

Gratitude journal. Audralyn Allen helping with the open house and my outfit for the wedding. Caroline Nichol coming every Tuesday to vacuum, mop and dust my home. Jenn Hansen making the facebook page and my red carpet. My roommates are all sending me boxes they call "Brave Girl Gifts." When things get to where you can't do it one more minute, you can go to get one of the gifts to help you make it through with more courage. For the family as well. sometimes they can't do it either. There's so many that I want to write them all down so I don't forget. Mom has talked to me every day for 15 months. She's been able to come out to be with me at least 6 times so far. Damon got me a bike and I've enjoyed so much the ability that I've been able to ride around the neighborhood.  
Shelby - personal progress

Angie, April, Sue, and Rita - quilts

Janet - letters from primary

Ward Council - letters

Jana - writing group

Alissa - menus

Mom - visits

Rebecca - TFTs

Amy - texts





John - sibling phone calls

Mindy - book project

Spencer - second caregiver

## ✓2 My Journal

12/20/2014

I've done this my whole married life.

## ✓3 My Journal

12/20/2014

In my circumstances right now I wrote a note to a couple who are home bound telling her that I'm thinking about her. Several months later she wrote back and thanked me. Another lady I sent a bouquet to and she cried for 2 hours and then painted a beautiful painting for me in thanks. The third one was I saw a woman cry at church a couple of times. I worked with her in YW but don't know why she was released. She has a good heart and I wanted to reach out to her. Mom was out and I had the prompting. We went to a salon and got a gift certificate for her. I wrote a note to her and let her know how much I enjoyed getting to know her. Several weeks later she emailed me and told me she'd just been to her psychiatrist and saying nobody cared about her. Then she got home and my card and gift were waiting for her. I was an instrument in the Lord's hands. I've requested to have people come visit. So many friends come and I just want to share my personal experience and testimony with them to strengthen them and lift them. I want them to leave feeling uplifted and positive. My attitude is positive rather than dwelling on myself. Just understanding that people are all going through their own issues and that as I share they can relate on their own level.

## ADDITIONAL VALUE EXPERIENCES

*Complete three additional value experiences. You may select from the following options or write up to two of your own. Your*



*parent or leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.*

4. My Journal

12/22/2014 Freebie! Done this many times over.

\_\_\_ 5.

6. My Journal

12/22/2014 Painted a bathroom for some people in the ward and helped with their garage sale -- helped declutter and organize.

7. My Journal

12/22/2014 When I was over beehives, there were a couple of less active girls that we really wanted to reach out to.

Inviting people to the Gilbert Temple open house.

Sharing facebook posts.

We invited a less active and Jewish wife to passover at our home, and another member who was a Jewish convert, and the sister missionaries. We had them participate in our celebration.

## PERSONALIZED VALUE EXPERIENCES

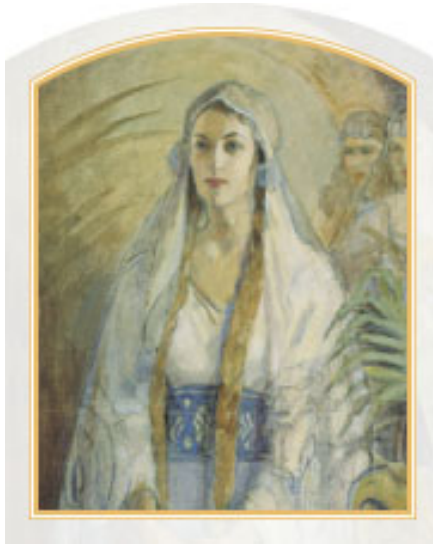
\_\_\_ 8.

\_\_\_ 9.



# *Integrity*

*Till I die I will not remove mine integrity from me  
(Job 27:5).*



I will have the moral courage to make my actions consistent with my knowledge of right and wrong.



# *Integrity*

## REQUIRED VALUE EXPERIENCES

*Complete the following three required value experiences. Have your parent or leader sign and date each experience after you finish.*

### ✓1. My Journal

1/2/2015

I've always been willing and have desired to live by our beliefs and standards. I've tried to deny myself of all ungodliness. Being worthy to attend the temple has been a top priority my whole life. Attending the temple has brought a measure of comfort and peace to me especially during the most trying of times.

### ✓2. My Journal

1/2/2015

In another experience I am working on more fully understanding repentance. One of the areas I thought could use improvement is avoiding gossip -- more specifically making my words be consistent. For example, I want to always speak about others as if they were in the room listening. Sometimes I feel that hasn't always been the case, and I'd like to make a conscious effort to do this.

### ✓3. My Journal

1/2/2015

Many times over the course of my life I have stood up for what I believe in -- even to other members of the church! I don't know if I thought of it as being courageous, I just know that it was what I believed and I wasn't going to deny it. I know I have taught lessons where I have shared specific experiences about having integrity especially when it isn't easy or popular.



## ADDITIONAL VALUE EXPERIENCES

*Complete three additional value experiences. You may select from the following options or write up to two of your own. Your parent or leader must approve those you write yourself before you begin. Have your parent or leader sign and date each experience after you finish.*

### ✓4. My Journal

1/22/2015

The word "integrity" means the quality of being honest and having strong moral principles moral uprightness. It also means the state of being whole and undivided.

In discussing this principle with my sister and I'm sure many others over the years, having integrity is not wavering in your standards and principles and making our actions consistent with our words. I have tried to adhere to this way of living and hope that others around me would be strengthened by my example.

### ✓5. My Journal

12/17/2014

Weekly temple attendance. New year came around and set a goal to go every week to the temple. Strengthened the home. My kids needed to see me dedicate myself to the temple by being a good example. I did it weekly for at least a year and a half. I listened to the Messiah up and back and it gave me peace. I was stronger in spite of the turmoil in my life. I needed that and I felt the children needed to see that example.

### ✓6

12/17/2014

### \_\_\_7.



## PERSONALIZED VALUE EXPERIENCES

—8.

—9.



# Virtue

*Who can find a virtuous woman? for her price is far above rubies (Proverbs 31:10).*



I will prepare to enter the temple and remain pure and worthy. My thoughts and actions will be based on high moral standards.



# Virtue

## REQUIRED VALUE EXPERIENCES

*Complete the following four required value experiences. Have your parent or leader sign and date each experience after you finish.*

✓1.

12/11/2014

✓2.

12/11/2014

✓3.

12/11/2014

✓4.

12/11/2014

## MY TESTIMONY OF THE BOOK OF MORMON





## MY TESTIMONY

Now that you are ready to receive the Young Womanhood Recognition, record your testimony of the Savior Jesus Christ and His Church.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

