Individual worth:
Individual worth value experiences:

Value experience#1
Reading: Psalms 8:4 – six, Jeremiah 1:5, John 13:34, D 18:10, Abraham 3:22 – 23,  and Joseph Smith – history 1:1 –20
Journal: Write how the scriptures teach you that heavenly father knows, loves and is mindful of you.
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Value experience  #2
Reading: True to the Faith pg.111 – 113
Questions to think about…
. Why are they giving?
. Who can give them?
Assignment: Discussed with a parent how your patriarchal blessing can teach you of your worth and identity and how it can be a guy throughout your whole life. If you don't have your blessing prepare to receiving you can do this by the temple worthy, praying, reading the scriptures, and getting regular blessings from your father.
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IW #3
Reading: D&C 18: 10 & 121:45
Assignment: for two weeks watch and notice worthwhile qualities and characteristics of others. Acknowledge them verbally, it says you can write a message to that person but telling them face-to-face is the absolute best way for you and that person to feel the spirit.
Journal: right about what you have learned about the worth of the person you know it. Right how your confidence grew when you build that person up.
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Additional value experiences:
I W #4
Reading: D&C  88:119
Assignment: write a plan that will help to achieve your goals for your home, family, and education. Share this plan.

Journal: write some hopes and dreams for your future home, husband, family, and education.
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IW#5
Assignment: participate in a dance, speech, music, or drama performance at school, or your community, or at church.
Journal: answer this question, how did your participation in this activity Strengthen your feelings of individual worth and self-confidence?
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IW#6
Assignment: there is much history as you can from your relatives. Then fill out a pedigree chart and list all the temple ordinances done for them.
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IW#7
Reading: first Corinthians 12:4 – 12, 13, Moroni 7:12 – 13, 10:8 – 18, and D&C 46:11 – 26
Assignment: ask a family member or young women's leaders or even a friend to write down positive qualities the lord has given you.
Journal: then list those gifts and in your journal and then write how you can continue to develop these qualities and use them to serve your family and others.
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