



# general conference

10-Hour Value Project

Your photo here

“Every time we are obedient to the words of the prophets and apostles we reap great blessing. We receive more blessings than we can understand at the time and we continue to receive blessings long after our initial decision to be obedient.”

name: \_\_\_\_\_

date: \_\_\_\_\_

## Before Conference!

- ♡ Write out your goal in your Personal Progress book under the value of your choice. Then have your leader or parent approve it.
- ♡ Create your Conference Notebook. Decorate a paper notebook or use the pages in this packet to help take notes during conference. (Be sure to keep track of your time.)
- ♡ Begin thinking of any questions or concerns you have. Write them down in your notebook.
- ♡ With an open heart, pray and fast asking to invite the Spirit into your heart so you will understand the words being spoken.
- ♡ Be sure to write your goal in your conference notebook for reference while you watch. Have your scriptures and highlighters close for quick referencing.
- ♡ Get a good night's sleep so that you will stay awake!

## During Conference!

- ♡ Make sure you are comfortable and free from distractions so you can focus.
- ♡ Listen to ALL session of General Conference, take notes during every speaker and listen closely to those talks having to do with the Young Women value you have chosen.
- ♡ Participate in activities between sessions that will continue to invite the spirit.

## After Conference!

- ♡ Follow and obey the counsel taught during conference. Re-read the notes you took and write down any inspiration you received while listening.  
Make new goals and write them down to work on until the next conference!
- ♡ Count your hours. If you need a few more minutes try a few of the following ideas to give you a boost.
  - a. Write about how conference inspired you through your search of your chosen value..
  - b. Bare your testimony the next fast Sunday about the inspiration you received on your chosen value.
  - c. Write your testimony in a Book of Mormon with scriptures highlighted that you selected during conference.
- ♡ Remember that all of the conference talks will be online at LDS.org and will be printed in the next months Ensign for further review.

My conference Goals:

A large rectangular box with a dashed border and rounded corners, containing ten horizontal dashed lines for writing.

My Feelings After conference:

A large rectangular box with a dotted border and rounded corners, containing ten horizontal dashed lines for writing.

speaker: \_\_\_\_\_

calling: \_\_\_\_\_

Talk in one word

Notes: \_\_\_\_\_



scriptures: \_\_\_\_\_

Talk in one word

speaker: \_\_\_\_\_

calling: \_\_\_\_\_



Notes: \_\_\_\_\_

scriptures: \_\_\_\_\_