

PERSONAL PROGRESS ON THE TREK

FAITH:

#2 Discover the principles of faith taught by the mothers of Helaman's Stripling Warriors. Read Alma 56:45-48 and 57:21. Review what the "Family: A Proclamation to the World" says about a mother's role. With a mother, grandmother, or leader, discuss the qualities a woman needs to teach children to have faith and to base their decisions on gospel truths. **Learn about at least one pioneer woman who demonstrated faith and was an example to her family or others.** How can these principles help you in your life today and help you prepare to be a mother? Record your thoughts in your journal.

#3 Living the gospel Principles requires faith. Share your experience in FHE about **how the trek strengthened your faith.** Write about your experience and describe your feelings about faith in your journal.

#8-9 **How did faith help you overcome challenged you faced on the trek?** How might this change how you feel about your Heavenly Father and Jesus Christ? Write your experience and thoughts in your journal.

#8-9 See camp certification requirements

DIVINE NATURE:

#1 what are some of the divine qualities of a daughter of God? Read "The Family: A Proclamation to the World," 2 Peter 1, Alma 7:23-24 and D&C 121:45. In your own words, list the divine qualities discussed in your reading. Think about how you can discover and develop these qualities **while on trek.** Record your ideas in your journal.

#2 Increase your understanding of and appreciation for womanhood. Complete the requirement for this experience and **consider what it would be like to be a pioneer woman. Learn about at least one pioneer woman who demonstrated an important attribute you have learned about. Tell how she affected her family or others.**

#3 Make your home life better. **Start with your trek family.** Make a special effort to strengthen your relationship with your family members by showing love through your actions. Refrain from criticizing or speaking unkindly, and watch for positive qualities in others. Write notes of encouragement, pray for your family members, find ways to be helpful and verbally express your love. Continue these things with your own family once at home to complete 2 weeks. Share your experience with a parent or YW leader.

#6 Develop your divine qualities. **Prior to the trek,** read Matthew 5:9, John 15:12, Galatians 5:22-23, Colossians 3:12-17, 1 John 4:21, and Moroni 7:44-48. Memorize your favorite verse from one of these passages. Identify the divine qualities mentioned in all these scriptures. Select one quality to strive to develop on the trek. Continue the work on this quality once at home to complete 2 weeks. Record your progress and experiences in your journal.

#7 Learn the definition of the word *peacemaker*. **Prior to the trek,** find and read 5 scriptures that teach about peacemakers. Become an example of a peacemaker while on trek, in your home and at school as you refrain from criticizing, complaining, or speaking unkindly to or about others. Pray each

morning and evening to Heavenly Father for help to do this. After 2 weeks write in your journal what new habits you want to develop.

#8-9 See camp certification requirements.

INDIVIDUAL WORTH:

#1 You are a daughter of Heavenly Father, who knows you and loves you. Read Psalm 8:4-6. Jeremiah 1:5, John 13:34, D&C 18:10, and Abraham 3:22-23. Write in your journal how these scriptures teach you that Heavenly Father loves you and is mindful of you. **Record how the trek experience helped you understand Heavenly Fathers love for you.**

#3 **Prior to the trek**, read D&C 18:10 and 121:45. **While on the trek**, do all you can to build others and make them feel of worth. Notice the worthwhile qualities and attributes of others. Acknowledge them verbally or in writing. **After the trek**, continue this when you return home to complete a total of 2 weeks. In your journal write what you have learned about the worth of individuals and how your own confidence grows when you build others.

#4 See camp certification requirements. Help plan and participate in a song or skit on a topic such as the trek theme, **pioneer story** or scripture story. How did your participation in this activity strengthen your feelings of individual worth and self-confidence? Record your thoughts in your journal.

#5 Visit with your living relatives to learn as much information about your family history as possible. **Do research to discover a pioneer story. Write about this story in a journal or share it with others.** Then complete a pedigree chart of your family and list temple ordinances that have been completed for each person.

#7 Heavenly Father has given you special gifts. **Prior to the trek**, read 1 Corinthians 12:4-12, Moroni 7:12-13, 10:8-18, and D&C 46:11-26. Ask a family member, YW leader, and a friend to write down positive qualities the Lord has given you. List your gifts in your journal, and write how you can continue to develop these gifts. Use them to **serve your trek family** and others.

#8-9 See camp certification requirements

KNOWLEDGE:

#2 In your journal list the talents you have and others you would like to develop. Read Matthew 25:14-30. Learn a new skill or talent that will help you care for your own family or home. (See **camp requirements for cooking, building fires, first-aid, making bonnets or clothing, etc.**) Share with your family or YW leader what you have learned.

#3 Memorize two of your favorite hymns or **pioneer songs**. Learn the correct conducting pattern for the hymns, and then conduct them at a family home evening, in a YW or church meeting, or at seminary. Read the scriptures listed at the bottom of each hymn.

#4 Prior to the trek select a gospel principle you would like to understand better. Read scriptures and the words of latter-day prophets that relate to the principle. After the trek, prepare a 5 minute talk on the subject and include experiences you had on the trek that relate to this subject. Include how the trek helped you gain knowledge of this principle. Give a talk in sacrament, YW meeting or to your family in FHE.

#7 Develop the art of storytelling. Refer to this experience in your personal progress book. Share at least 2 pioneer stories with family members, YW or primary classes or other audiences.

#8-9 See camp certification requirements.

CHOICE AND ACCOUNTABILITY

#1 A daughter of God can make wise decisions and solve problems. Prior to the trek, read 1 Nephi 15:8, 2 Nephi 32:3, Alma 34:19-27, Ether 2-3, and D&C 9:7-9. Follow a pattern of regular scripture study and prayer to receive help in making personal decisions with help in planning for the trek and while on the trek. Discuss with a parent or YW leader how this helped you.

#3 Prior to the trek, read about agency in 2 Nephi 2 and D&C 82:2-10. After the trek, discuss with a parent or YW leader, the blessings and responsibilities of agency. Discuss how agency affected you and others in your trek family. Record in your journal your understanding of agency and consequences of choices and actions.

#5 Learn about the Holy Ghost. Complete this experience and record in your journal a time on the trek that you experienced the influence of the Holy Ghost and how it helped you.

#8-9 See camp certification requirements.

GOOD WORKS

#1 Learn why service is a fundamental principle of the gospel. Prior to the trek, read Matthew 5:13-16, 25:34-40; Galatians 6:0-10; James 1:22-27; Mosiah 2:17, 4:26; and 3 Nephi 13:1-4. While on the trek notice quiet acts of service others give. For two weeks record in your journal the quiet acts of service your family members and others perform. Acknowledge their service in some meaningful way.

#3 Read Mosiah 18:7-10, and in your journal list three ways you can comfort others or help them bear their burdens while on the trek. Do the things on your list, and tell a family member or YW leader about the experience and how your attitude and understanding have changed.

#7 Pray for a missionary experience. Read Matthew 24:14, 28:19, and D&C 88:81. Invite a friend who is not a member or one who is less active to go with you to a church meeting or invite them to an activity to play pioneer games or other activity.

#8-9 See camp certification requirements.

INTEGRITY

#3 Study the lives of several individuals in the scriptures. **Learn about some pioneers who lived with integrity.** Read Genesis 39, the book of Esther, Daniel 3 and 6, Acts 26, D&C 124:15 and Joseph Smith-History 1:21-25. In your journal identify the ways these people demonstrated integrity. Think of a time when you had the courage to show integrity; especially when it was not popular. Share your experience and your feelings about it in a testimony meeting or lesson or with a parent or YW leader.

#4 Look up the word integrity in the dictionary. Interview your mother, grandmother or another woman you respect about her understanding and application of the word. Make a list of ways you can make your actions consistent with your knowledge of right and wrong **while planning for and participating in the trek** and record in your journal what it means to you to have integrity.

#5 Learn about standing as a witness. Read Mosiah 18:9. Then record in your journal how you can personally “stand as [a witness] of God at all times and in all places.” **Prior to the trek**, choose a personal behavior that you need to improve so you can be a better example. Develop integrity in your life as you **continue after the trek** to practice your new behavior for a total of two weeks. Record your progress in your journal.

#8 Research and learn about some **pioneers** who demonstrated integrity.

#8-9 See camp certification

Discuss with your parents or YW leader for an opportunity in any project or other experience in any above values. Refer to camp certification requirements or “Walk in the Light Award” for ideas. 😊