

# Introduction to PERSONAL PROGRESS



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**P**ersonal Progress is a pattern of small, righteous actions that, if done consistently over time, will strengthen your faith in Heavenly Father and His Son, Jesus Christ, and build your testimony and prepare you for your future roles. Doing Personal Progress will prepare you to enter the Lord's holy temples. As you participate in Personal Progress, you will be fortifying yourself spiritually. Elder M. Russell Ballard of the Quorum of the Twelve Apostles teaches about the importance of consistent, small, righteous actions:

"I like to think of . . . spiritual armor not as a solid piece of metal molded to fit the body but more like chain mail. Chain mail consists of dozens of tiny pieces of steel fastened together to allow the user greater flexibility without losing protection. . . . It has been my experience that there is not one great and grand thing we can do to arm ourselves spiritually. True spiritual power lies in numerous smaller acts woven together in a fabric of spiritual fortification that protects and shields from all evil" ("Be Strong in the Lord," *Ensign*, July 2004, 8).



Personal Progress is not a program that is separate and apart from your life. It is a tool that you can use to draw closer to Heavenly Father and our Savior, serve others, be anxiously engaged in good works, learn leadership skills, develop relationships with others, and prepare for temple covenants. Personal Progress helps each young woman who participates develop daily righteous routines and holy habits. When you do small things consistently, they become part of who you are and they change you.

It really is "by small and simple things are great things brought to pass" (Alma 37:6). **NE**



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