

## MY GOSPEL STANDARDS

- I will follow Heavenly Father's plan for me.
- I will remember my baptismal covenant and listen to the Holy Ghost.
- I will choose the right. I know I can repent when I make a mistake.
- I will be honest with Heavenly Father, others, and myself.
- I will use the names of Heavenly Father and Jesus Christ reverently. I will not swear or use crude words.
- I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ.
- I will honor my parents and do my part to strengthen my family.
- I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me.
- I will dress modestly to show respect for Heavenly Father and myself.
- I will only read and watch things that are pleasing to Heavenly Father.
- I will only listen to music that is pleasing to Heavenly Father.
- I will seek good friends and treat others kindly.
- I will live now to be worthy to go to the temple, serve a mission, and do my part to have an eternal family.

THE CHURCH OF  
**JESUS CHRIST**  
OF LATTER-DAY SAINTS

ENGLISH

