How do I get more motivated to do Personal Progress?

You probably already know Personal Progress is important. However, sometimes it can be hard making the leap from knowing something is important to actually getting excited about spending time doing it. But have no fear! It’s easy to find momentum once you get going on something this rewarding.

First, think about the goals of Personal Progress, and then imagine all the amazing things you’ll experience and learn as you move through the program. Addi L., 15, of Utah, USA, says, “I became motivated to do Personal Progress when I gave a talk on the Knowledge value. After I researched the program, it became easier to do, because I had a testimony of why it was put together.”

Sometimes it helps to remember the big picture when it comes to feeling more motivation. Ultimately, this program is all about creating an even more incredible you! The Young Women Personal Progress booklet says: “The Personal Progress program uses the eight Young Women values to help you understand more fully who you are, why you are here on the earth, and what you should be doing as a daughter of God to prepare for the day you go to the temple to make sacred covenants” ([2009], 6).

When you keep in mind why you’re encouraged to work on Personal Progress, it’s much easier to become excited about spending time in that way. Kali D., 15, of Wyoming, USA, says, “Remember that Personal Progress isn’t about checking off the values or projects. It is a fun way to learn how to live the gospel. It isn’t supposed to stress you out; it’s a reminder that you should live every day like Christ did.”

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Amber P., 18, Florida, USA
Make It Personal
Personal Progress is a way to strengthen your testimony, and whether you just started, are working through the projects, or are almost finished, you’ll be able to see the wonderful effects of it someday. You can make your own experience in the back of each value section, creating it however you want to, with the approval of a parent or leader. Just remember: Personal Progress is for your own progression—one step at a time—and anything is possible.
Kali R., 15, Missouri, USA

Gain a Testimony
At first I found Personal Progress to be time-consuming. One thing that helped me become more motivated was to receive my own testimony. Once I focused on receiving that testimony, everything fell into place.
Adriana F., 17, Arizona, USA

Complete Value Projects as Motivation to Do More
When I was a Beehive I experienced the great feeling of completing at least one or two value projects. This helped me gain a strong testimony of my own to share with my friends. Seeing other young women who have been doing their Personal Progress values has also helped me complete more projects during my own time and also at our Young Women activities.
Juanita U., 17, New Zealand

Think about the Blessings
Think about the many blessings that come from doing Personal Progress: spiritual growth, homemaking skills, familiarity with scripture passages, and realizing your own individual worth. Doesn’t this make accomplishing Personal Progress worth it? It may be tough, but I’ve realized that thinking about your future while working on the value projects helps. You’re doing it not only for yourself but also for your future posterity.
Chelsea C., 16, Philippines

THE PURPOSE OF THE PERSONAL PROGRESS PROGRAM
“Personal Progress helps young women prepare to receive the ordinances of the temple. They are helped by the examples of mothers, grandmothers, and every righteous woman around them in the Church.”

UPCOMING QUESTION
Fasting just feels like going hungry. How can I enjoy fasting more?

Send your answer and photo by August 15, 2015.

Go to newera.lds.org, click “Submit Your Work,” and sign in with your LDS Account. Under “Choose Magazine,” select “New Era.” To select the files to upload for your answer and photo, click “Add File.” Then click “Submit” to upload and send us your files.

Responses may be edited for length or clarity.