YOUR NOTEBOOK CAN HELP WITH:
Come, Follow Me; Sunday School; seminary; and personal and family study.

SHARE YOUR NOTES!
Email them to liahona@ChurchofJesusChrist.org.
GENERAL CONFERENCE IS AN AMAZING TIME TO SEEK AND RECEIVE PERSONAL REVELATION.

Want a fantastic general conference learning experience? Prepare for conference in advance, listen during conference, and study afterwards. You will draw closer to Heavenly Father and open the doors for personal guidance. Use this conference to help you seek answers and learn what you can do to grow spiritually.

WHAT'S INSIDE:

Preparation Starts Here .........................2
First Presidency and Quorum of the Twelve Apostles ...............3
Questions and Answers ..........................4
Create a Conference Game ......................6
Write Inspiration Down .........................8
Inspiration Received .............................26
Themes You Noticed .............................27
What Now? .........................................28
My Testimony .....................................29

You can participate at conference.ChurchofJesusChrist.org

NEED MORE COPIES?
You can download and print this notebook at conference.ChurchofJesusChrist.org.

© 2020 by Intellectual Reserve, Inc.
All rights reserved.

Permission to reprint this booklet is granted for personal, noncommercial use. This includes permission for ward leaders to print a small number of copies for those they serve in the capacity of their callings. Booklets must be printed in their entirety. This does not include permission to post online, repurpose, or distribute this material. Any additional use of this material requires permission.
permissions.ChurchofJesusChrist.org
Preparation STARTS HERE.

General conference is a great way to get inspiration and guidance. You’ll have an even better experience when you prepare in advance to receive personal revelation.

Start preparing!

Did you pray for the speakers and other Church leaders?

Have you thought about questions you’re seeking answers to?
THE FIRST PRESIDENCY
Sustained January 14, 2018

PRESIDENT
DALLIN H. OAKS
First Counselor
sustained as an Apostle: 1984

PRESIDENT
RUSSELL M. NELSON
President of the Church
sustained as an Apostle: 1984

PRESIDENT
HENRY B. EYRING
Second Counselor
sustained as an Apostle: 1995

THE QUORUM OF THE TWELVE APOSTLES

PRESIDENT
M. RUSSELL BALLARD
sustained: 1985

ELDER
JEFFREY R. HOLLAND
sustained: 1994

ELDER
DIETER F. UCHTDORF
sustained: 2004

ELDER
DAVID A. BEDNAR
sustained: 2004

ELDER
QUENTIN L. COOK
sustained: 2007

ELDER
D. TODD CHRISTOFFERSON
sustained: 2008

ELDER
NEIL L. ANDERSEN
sustained: 2009

ELDER
RONALD A. RASBAND
sustained: 2015

ELDER
GARY E. STEVENSON
sustained: 2015

ELDER
DALE G. RENLUND
sustained: 2015

ELDER
GERRIT W. GONG
sustained: 2018

ELDER
ULISSES SOARES
sustained: 2018
Write down the questions you have in your life that you want guidance on. Then record your answers and impressions during conference.

THERE IS A TREASURE CHEST OF HEAVENLY DIRECTION AWAITING YOUR DISCOVERY IN THE MESSAGES OF GENERAL CONFERENCE.

Elder Neil L. Andersen

MY QUESTION:

ANSWER:
Want to help yourself focus on conference—and have a little fun while you do it? Create your own conference game!

Before conference, write a topic in each square. As you watch, listen for those topics and cover the square with a token when its topic is mentioned. You can use anything for a token—but for extra fun, try a piece of candy or chocolate! Choose your own patterns to win—five across, down, or diagonally; four corners; center nine; etc.

Looking for topic ideas? Consider things like “temple,” “Come, Follow Me,” “repentance,” or when a speaker is mentioned by name by another speaker.

**REVELATION ALMOST ALWAYS COMES IN RESPONSE TO A QUESTION.**

Elder Jeffrey R. Holland**
Now that conference is finally here, listen for answers. Write down promptings, look for promised blessings, and pay extra attention to things you feel impressed to work on. Jot down quotes that inspire you, and take note of messages that really stick out to you.
NOTES:

MEETING TYPE
- general
- women's session
- priesthood session

SESSION
1ST  2ND  3RD  4TH  5TH

MONTH
1  2  3  4  5  6  7  8  9  10  11  12

NOTES:

ILLUSTRATION BY GETTY IMAGES
WE CAN PRAY TO OUR HEAVENLY FATHER AND RECEIVE GUIDANCE AND DIRECTION, BE WARNED ABOUT DANGERS AND DISTRACTIONS, AND BE ENABLED TO ACCOMPLISH THINGS WE SIMPLY COULD NOT DO ON OUR OWN.

President Russell M. Nelson
PROMISED BLESSINGS:

WHAT WILL I DO NOW?
REVELATION IS A REALITY. IT COMES IN THE LORD’S WAY AND ACCORDING TO THE LORD’S TIMETABLE.

President Dallin H. Oaks
I promise you that if you will sincerely and persistently do the spiritual work needed to develop the crucial, spiritual skill of learning how to hear the whisperings of the Holy Ghost, you will have all the direction you will ever need in your life.

President Russell M. Nelson
<table>
<thead>
<tr>
<th>MEETING TYPE</th>
<th>general</th>
<th>women's session</th>
<th>priesthood session</th>
</tr>
</thead>
<tbody>
<tr>
<td>SESSION</td>
<td>1ST</td>
<td>2ND</td>
<td>3RD</td>
</tr>
<tr>
<td>MONTH</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

MONTH
1  2  3  4  5  6  7  8  9  10  11  12
TO RECEIVE PERSONAL REVELATION, WE MUST PLACE PRIORITY ON LIVING THE GOSPEL AND ENCOURAGING FAITHFULNESS AND SPIRITUALITY IN OTHERS AS WELL AS OURSELVES.

Elder Ronald A. Rasband⁶
<table>
<thead>
<tr>
<th>MEETING TYPE</th>
<th>general</th>
<th>women's session</th>
<th>priesthood session</th>
</tr>
</thead>
<tbody>
<tr>
<td>SESSION</td>
<td>1ST</td>
<td>2ND</td>
<td>3RD</td>
</tr>
<tr>
<td>MONTH</td>
<td>1 2 3 4 5 6 7 8 9 10 11 12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

WHAT WILL I DO NOW?

PROMISED BLESSINGS:
AS WE CLIMB THE PATH OF DISCIPLESHIP, WE CAN BE SANCTIFIED THROUGH THE GRACE OF CHRIST.

Sister Michelle Craig
THE SCRIPTURES AND THE WORDS OF MODERN-DAY APOSTLES AND PROPHETS ARE THE SOURCES OF WISDOM, DIVINE KNOWLEDGE, AND PERSONAL REVELATION TO HELP US FIND ANSWERS TO ALL THE CHALLENGES IN LIFE.

Elder Dieter F. Uchtdorf®
LEARNING BY FAITH REQUIRES SPIRITUAL, MENTAL, AND PHYSICAL EXERTION AND NOT JUST PASSIVE RECEPTION.

Elder David A. Bednar
MEETING TYPE
general | women’s session | priesthood session
SESSION
1ST  2ND  3RD  4TH  5TH
MONTH
1  2  3  4  5  6  7  8  9  10  11  12
WE CAN COME TO KNOW THE LORD AND TRUST HIM AS WE "FEAST UPON THE WORDS OF CHRIST."

Sister Bonnie H. Cordon
Now that conference has wrapped up, what’s next? Did you feel inspired to change or do something different in your life? Take some time to organize your thoughts, prepare a plan, and then act on it.

**SAMPLE ACTION PLAN:**
1. Spiritually remodel my room
2. Journal regularly

**EXAMPLES OF THEMES:**
- Home-centered gospel learning
- Temple worship
- Following the Savior
THEMES
YOU NOTICED

What stuck out to you the most? Write down some of these themes and think about what they mean personally for you and your life.

<table>
<thead>
<tr>
<th>THEME:</th>
</tr>
</thead>
<tbody>
<tr>
<td>MENTIONED BY:</td>
</tr>
<tr>
<td>WHAT I LEARNED:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THEME:</th>
</tr>
</thead>
<tbody>
<tr>
<td>MENTIONED BY:</td>
</tr>
<tr>
<td>WHAT I LEARNED:</td>
</tr>
</tbody>
</table>
After conference, take some time to review your notes. Write down what you feel inspired to do, or make a list of goals you want to work on.
How did my testimony grow during this conference?

NOTES
INSPIRATION FOR YOU!

The Lord knows how hard you are trying.
You are making progress. Keep going.

Sister Sharon Eubank

NEED MORE COPIES?
Download and print this notebook at conference.ChurchofJesusChrist.org.