

Hold a seven-day fast from social media.

1



2

For three weeks, make a weekly sacrifice of time to the Lord.

Five

Things to
CHANGE YOU
and help you
CHANGE THE WORLD

Keep on the covenant path. If you have wandered off, immediately get on the road of repentance.

3



4
Pray daily for all to receive the blessings of the gospel.

5

Stand out. Be a light. Set the standard. Give away one copy of *For the Strength of Youth*.



As the prophet himself said: "You are among the best the Lord has ever sent to this world. You have the capacity to be smarter and wiser and have more impact on the world than any previous generation!"