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.
MY TESTIMONY

How did my testimony grow during this conference?

NOTES

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MY TESTIMONY

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NOTES
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.

**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.
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?

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.

- THEME:
  - MENTIONED BY:
  - WHAT I LEARNED:

- THEME:
  - MENTIONED BY:
  - WHAT I LEARNED:
Inspiration RECEIVED.

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

HOW WILL I IMPROVE?
Write down the questions you have in your life that you want guidance on. Then record your answers and impressions during conference.

**MY QUESTION:**

**ANSWER:**

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

Elder Neil L. Andersen

"WE CAN COME TO KNOW THE LORD AND TRUST HIM AS WE "FEAST UPON THE WORDS OF CHRIST.""

Sister Bonnie H. Cordon
CREATE A CONFERENCE GAME

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.
Elders Jeffrey R. Holland
LEARNING BY FAITH REQUIRE SPIRITUAL, MENTAL, AND PHYSICAL EXERTION AND NOT JUST PASSIVE RECEPTION.
Elder David A. Bednar
Write Inspiration DOWN.

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.
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

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

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

Sister Michelle Craig

FAVORITE QUOTE:
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<th>MEETING TYPE</th>
<th>general</th>
<th>women's session</th>
<th>priesthood session</th>
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**PROMISED BLESSINGS:**

**WHAT WILL I DO NOW?**
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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

PROMISED BLESSINGS:

WHAT WILL I DO NOW?
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. Rasband

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

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