INSPIRATION FOR 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

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

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SHARE YOUR NOTES

Send a direct message on Instagram to @ChurchofJesusChrist_youth.
Email them to newera@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!

**Have you thought about questions you’re seeking answers to?**

**DID YOU PRAY FOR THE SPEAKERS AND CHURCH LEADERS?**
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:**

**MY QUESTION:**

**ANSWER:**

**MY QUESTION:**

**ANSWER:**

CHRIST IS THE HELPER AND CONSOLED. HIS WAYS BRING JOY AND HOPE—EVENTUALLY AND ALWAYS.

Elder Dale G. Renlund

**MY QUESTION:**

**ANSWER:**
NAME THAT TUNE
Guess four songs that will be sung by either the congregation or the choir during conference.

Directions: Fill out your answers in each of the categories before conference begins. Each correct answer is worth 5 points.

THE PROPHET AT THE PULPIT
Circle the sessions where you think President Nelson will speak.

LEADERSHIP LINEUP
Usually each of the twelve Apostles and First Presidency speaks once during conference. Choose the three that you think will speak in each session. (See the photos on page 3 if you need help.)

Saturday morning session:
1. 
2. 
3. 
Who actually spoke:

Saturday afternoon session:
1. 
2. 
3. 
Who actually spoke:

Women’s session:
1. 
2. 
Who actually spoke:

Sunday morning session:
1. 
2. 
3. 
Who actually spoke:

Sunday afternoon session:
1. 
2. 
3. 
Who actually spoke:

TAKING A SELFIE
Wherever you are watching general conference, take a selfie and post it on social media.

CONFERENCE COLOR
Pick one color:
- Red
- Yellow
- Blue
- Orange
- Green
- Purple
Throughout general conference, count how many speakers wear the color you picked. Add 1 point for every speaker wearing that color.

WHAT’S CONDUCTING?
Which member of the First Presidency will conduct these sessions—President Nelson, Oaks, or Eyring?

Saturday morning session:

Saturday afternoon session:

Women’s session:

Sunday morning session:

Sunday afternoon session:

BONUS
How was your conference experience?
- I prepared in advance.
- I found an answer to a question.
- I was inspired during conference.
- I have some things I plan to work on.

HOW DID YOU DO?
Total your points from each section.

Total Score:

CONFERENCE EXPERIENCE

Score:

Score:

Score:

Score:

Score:

Score:

Score:

Score:
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.

Write Inspiration DOWN.

FAVORITE QUOTE:
IN COMING DAYS, IT WILL NOT BE POSSIBLE TO SURVIVE SPIRITUALLY WITHOUT THE GUIDING, DIRECTING, COMFORTING, AND CONSTANT INFLUENCE OF THE HOLY GHOST.

President Russell M. Nelson

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:
NOTES:

EACH OF US IS PRECIOUS AND LOVED BY THE LORD, WHO CARES, WHO WHISPERS, AND WHO WATCHES OVER US IN WAYS UNIQUE TO EACH OF US.

Elder Ronald A. Rasband

PROMISED BLESSINGS: 

WHAT WILL I DO NOW? 

FAVORITE QUOTE: 

EACH OF US IS PRECIOUS AND LOVED BY THE LORD, WHO CARES, WHO WHISPERS, AND WHO WATCHES OVER US IN WAYS UNIQUE TO EACH OF US.

Elder Ronald A. Rasband
NOTES:

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

THE LORD KNOWS HOW HARD YOU ARE TRYING. YOU ARE MAKING PROGRESS. KEEP GOING.

Sister Sharon Eubank

FAVORITE QUOTE:

THE LORD KNOWS HOW HARD YOU ARE TRYING. YOU ARE MAKING PROGRESS. KEEP GOING.

Sister Sharon Eubank

FAVORITE QUOTE:
SINCERE DESIRE AND WORTHINESS INVITE THE SPIRIT OF REVELATION INTO OUR LIVES.

Elder David A. Bednar

NOTES:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

PROMISED BLESSINGS:
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<th>general</th>
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<th>general priesthood session</th>
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<tr>
<td>MONTH</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

**PROMISED BLESSINGS:**

**WHAT WILL I DO NOW?:**

**FAVORITE QUOTE:**

REVELATION ALMOST ALWAYS COMES IN RESPONSE TO A QUESTION.

Elder Jeffrey R. Holland

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NOTES:
GOD HAS GIVEN US THE WAY TO LEARN AND KNOW ESSENTIAL SPIRITUAL TRUTHS: ... THROUGH THE HOLY SCRIPTURES, THROUGH OUR PERSONAL PRAYERS AND OUR OWN EXPERIENCES, THROUGH THE COUNSEL OF THE LIVING PROPHETS AND APOSTLES, AND THROUGH THE GUIDANCE OF THE HOLY GHOST.

Elder Neil L. Andersen

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:
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</table>

**NOTES:**

**PROMISED BLESSINGS:**

**WHAT WILL I DO NOW?**

**FAVORITE QUOTE:**

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

Sister Bonnie H. Cordon

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

Sister Bonnie H. Cordon
WHEN WE LOVE AND SERVE THE LORD AND LOVE AND SERVE OUR NEIGHBORS, WE WILL NATURALLY FEEL MORE HAPPINESS THAT COMES TO US IN NO BETTER WAY.

President M. Russell Ballard
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

**Goals**

**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:**
WHAT I WILL DO

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.

MY TESTIMONY

How did my testimony grow during this conference?

NOTES