

A Standard FOR YOUR LIFE

Let the Young Women theme be a guide and compass for your entire life.

THE YOUNG WOMEN THEME is a reminder of your identity and purpose. There is tremendous strength that comes when words like “beloved daughter,” “disciple of Jesus Christ,” and “witness of God” define who we truly are. These phrases fill us with love and give us confidence in our ability to face challenges and find joy. Likewise, the promises of “eternal destiny,” “personal revelation,” and “exaltation” remind us that our lives have meaning and purpose beyond one difficult day. When you recite this theme, you are declaring what it means to be a daughter of heavenly parents, preparing yourself and the world for the return of our Savior, Jesus Christ.

Here some young women from around the world share what the theme means to them.



I am a
BELOVED DAUGHTER
of heavenly parents, with a
divine nature and eternal destiny.

As a disciple of Jesus Christ,
I strive to become like Him. I seek
and act upon personal revelation and
minister to others in His holy name.

I will stand as a witness of God
at all times and in all things
and in all places.

As I strive to qualify for exaltation,
I cherish the gift of repentance
and seek to improve each day.
With faith, I will strengthen my
home and family, make and keep
sacred covenants, and receive the
ordinances and blessings
of the holy temple.



“I love how every statement begins with ‘I.’ This wording reminds me that my testimony is my testimony and that I have to be the one working harder to become like my Savior.”

Caroline F., 15, Virginia, USA

“Being a member of the Church in this age is difficult. We are sometimes afraid of being pointed out and told that we are different. But the theme reminds me that I am striving to be like Jesus Christ. The theme helps me forget what others may say and stay focused on what I really want.”

Zoe V., 16, Argentina



“The theme reminds me that I have to seek for opportunities to become a better person. Sometimes I become frustrated when I am not able to do something that I know I’m supposed to do. But when I fall short, I know that I also have an opportunity to become better. The gift of repentance is, perhaps, the best thing in the world.”

Anastasiya S., 12, Moscow, Russia



“THE THEME GIVES ME KNOWLEDGE THAT I’M A DAUGHTER OF HEAVENLY PARENTS. KNOWING THIS HELPS ME NOT FEEL ALONE IN TIMES OF TROUBLE. WHEN IT’S HARD FOR ME TO ACHIEVE MY GOALS, I THINK ABOUT MY DIVINE NATURE AND ETERNAL DESTINY. IT INSPIRES ME TO BE STRONG AND TO NOT GIVE UP.”

Liza B., 12, Kyiv, Ukraine

“Following the theme helps me to be the best version of myself.”

Eav N., 11, Utah, USA



Every Word Is a Gift

Our dear sisters, every word of the Young Women theme is a gift that can bring you light, joy, and hope. Cherish each word and let it sink deep into your heart. These words are essential truths your Heavenly Father wants you to understand and live. These eternal truths will shine through your actions as you serve and bless those around you with your goodness. They will bring you joy and peace.

Young Women General Presidency