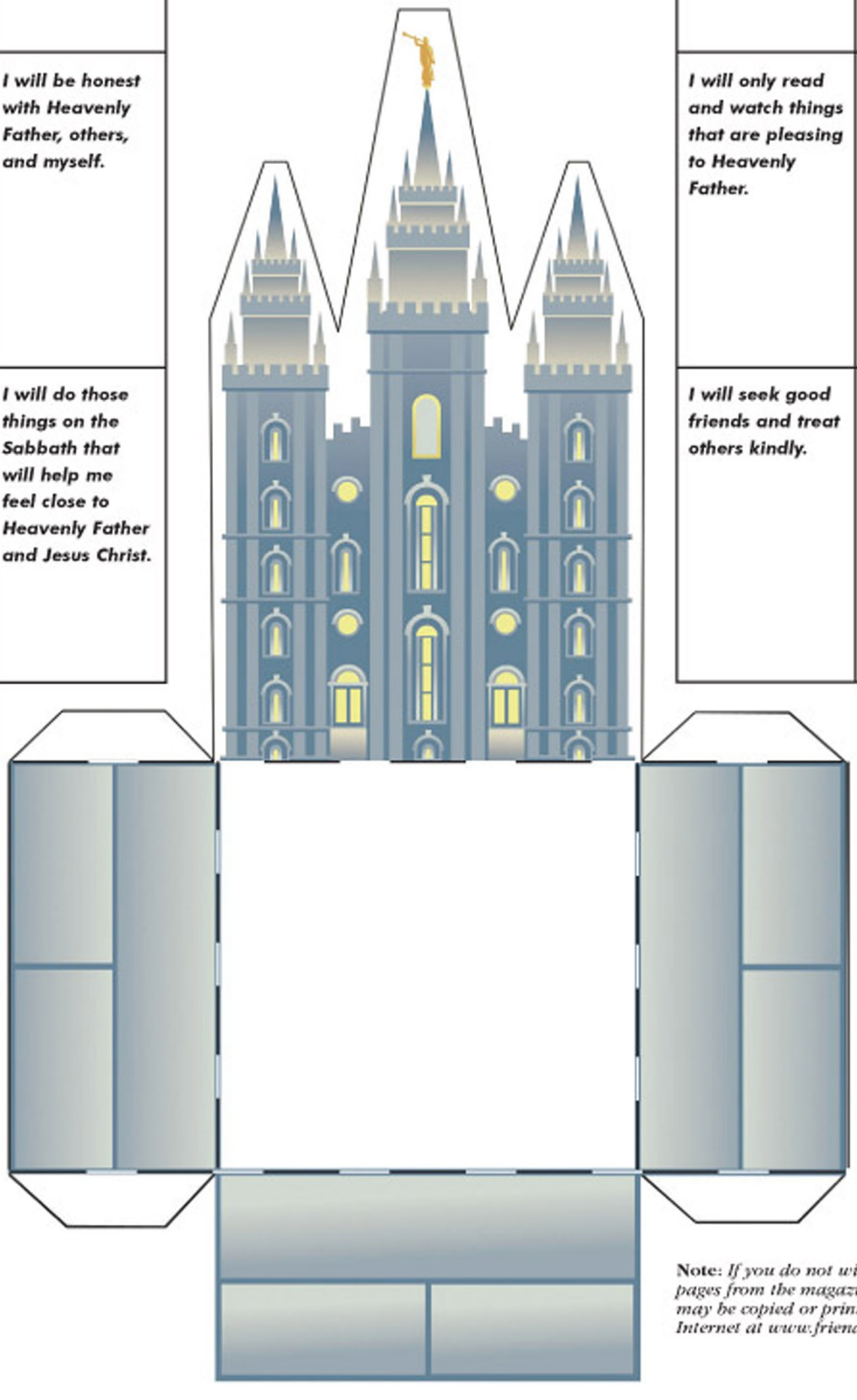
I will follow Heavenly Father's plan for me.	*I will remember my baptismal covenant and listen to the Holy Ghost.*
I will choose the right. I know I can repent when I make a mistake.	*I will be honest with Heavenly Father, others, and myself.*
I will use the names of Heavenly Father and Jesus Christ reverently. I will not swear or use crude words.	*I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ.*
I will honor my parents and do my part to strengthen my family.	

I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me.	*I will dress modestly to show respect for Heavenly Father and myself.*
I will only read and watch things that are pleasing to Heavenly Father.	*I will only listen to music that is pleasing to Heavenly Father.*
I will seek good friends and treat others kindly.	*I will live now to be worthy to go to the temple and do my part to have an eternal family.*



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