

Temple attendance	Being Worthy	Good Music	Respecting others	No sexual contact
Dating appropriately	Strong mind	Not gossiping	Being a good friend	Strong body
Being honest	No Pornography	No alcohol	Standards	No drugs
Repenting	Kindness	No smoking	Keeping Sabbath	Choosing good friends
Clean thoughts	Not Swearing	Dress Modestly	Purity	Virtue

Setting an example	Repenting	Not gossiping	Standards	Choosing good friends
Clean thoughts	Purity	No smoking	Dating appropriately	Not Swearing
Being a good friend	No Pornography	Being Worthy	No sexual contact	Temple attendance
Word of Wisdom	Virtue	Dress Modestly	Being honest	Respecting others
Good Movies	No alcohol	Good Music	Kindness	Strong spirit

Dress Modestly	Standards	No drugs	Respecting others	Being Worthy
Virtue	Good Music	Clean thoughts	No smoking	No alcohol
Listen to the Spirit	Temple attendance	Being honest	Strong body	Being a good friend
Choosing good friends	Good Movies	Strong mind	No Pornography	No sexual contact
Repenting	Dating appropriately	Keeping Sabbath	Purity	Not Swearing