



Instructions

STEP 1: Review the goal experiences within each department. Circle, highlight, or otherwise note those that are of most interest to you.

STEP 2: Count the number of selections you've made within each section. This will help you identify the department that are most suited to your interests or areas in which you may be most challenged. Your choice.

STEP 3: Choose your department of study.

STEP 4: Begin a blog, Facebook page, or other forum where you will be able to post pictures and comments about your journey experiences. (This can be in a scrapbook or personal journal for those who are uncomfortable with online forums.) There are many sites out there that offer user friendly and free options including different blogging websites like www.weebly.com, www.sitebuilder.com, www.wordpress.com, www.blogger.com, or www.wix.com to name a few. (You can use this as one of your goals.)

STEP 5: Select your first goal experience and get to work.

STEP 6: Record the goal experiences you are working toward on the tracking sheets found at the end of each section.

STEP 7: Record the goal experiences you have completed and keep track of your overall progress using the tracking chart at the back of the book.

STEP 8: Report your progress to a member of your ward RS presidency or other selected representative.

STEP 9: Post your progress—successes and challenges along with pictures and comments in your chosen forum.

STEP 10: Complete a ten-hour project for each certificate.

NOTE: *At least once a week, select one or more of the experiences from the Fill the Well section to help you refill and replenish. It is important to take care of yourself. You may repeat the experiences as desired.*