

Chews Your Value Game

Faith - White
Divine Nature - Blue
Individual Worth - Red
Knowledge - Green
Choice & Accountability - Orange
Good Works - Yellow
Integrity - Purple

Which Personal Progress goal would you be more likely to choose?

1. Work to stop criticizing and or complaining. **Blue**
Write a thank you note to someone who did something for you. **Red**
2. Create a poem, story, article, or work of literature that illustrates a gospel principle. **Green**
Be selective about the TV programs you watch **Orange**
3. Tutor a friend and help her understand her school work. **Yellow**
Intentionally be a good influence on your friends. **Purple**
4. Bear your testimony. **White**
Talk with your grandparents or an older LDS couple about qualities needed for a successful, happy marriage. **Blue**
5. Baby-sit for free. **Yellow**
Make friends with someone who needs a friend. **Red**
6. Apologize to and do something nice for someone you made unhappy. **Orange**
Talk to your mom or other mothers about motherhood. **Blue**
7. Organize a family photo album. **Red**
Participate in appropriate Sunday activities. **Orange**
8. Learn a new recipe. **Green**
Give your honest opinion when someone asks. **Purple**
9. Read a New Era article. **White**
Watch a TV show on the effects of alcohol. **Green**
10. Help your family when asked even if you don't feel like it. **Orange**
Help someone outside your family. **Yellow**
11. Get to bed on time. **Red**
Stay up to finish a book report. **Green**

12. Forgive someone who hurt you. **Blue**
 Turn down an invitation to a party where a video of questionable content will be shown. **Purple**
13. Give a family home evening lesson on a family problem. **White**
 Give your sister a perm because she thinks her hair is ugly. **Red**
14. Be cheerful even when you don't get your way. **Orange**
 Buy the more modest dress even though it is more expensive or less "in style". **Purple**
15. Read the scriptures 15 minutes. **White**
 Help a brother or sister with homework. **Yellow**
16. Stop an argument. **Blue**
 Talk to an adult about some question you have. **Green**
17. Listen to a friend talk about his or her problems. **Red**
 Write a letter to a missionary or a friend who moved. **Yellow**
18. Learn or create something new for the fun of it. **Green**
 Clean your room as you promised you would. **Purple**
19. Invite a nonmember friend to a Sunday meeting. **White**
 Do an extra job at home without being asked. **Orange**
20. Sing an uplifting song to chase away a bad thought or a bad mood. **Blue**
 Try to make someone new feel welcome. **Yellow**
21. Admit to your dad or mom that he or she is right. **Purple**
 Pray for help to get along better with your dad or mom. **White**

Now see which color you have the least of, and pick a project based on that color