



Keep the Sabbath

Day Holy

Study & Read  
(AND OTHER GOOD BOOKS)

LISTEN TO  
good music

VISIT OUR family  
VISIT the sick and LONELY...

help! PEOPLE  
LEARN about  
Heavenly Father & Jesus Christ

Pray  
at church

NO SHOPPING  
↑

write

in JOURNALS  
letters to MISSIONARIES  
Draw pictures FOR friends & family...

HONOR them  
Love PRIMARY  
GO TO CHURCH

with our family  
OURSELVES

BEAR YOUR TESTIMONY