

# ATTRIBUTE ACTIVITY

Read each item below carefully. Decide how true that statement is about you, and choose the most appropriate response from the response key. Write your response to each item in your study journal. Spiritual growth is a gradual process, and no one is perfect, so you should expect to rate yourself better on some items than on others.

Response Key 1 = never 2 = sometimes 3 = often 4 = almost always 5 = always

## Faith

- \_\_\_ 1. I believe in Christ and accept Him as my Savior. (2 Nephi 25:29)
- \_\_\_ 2. I feel confident that God loves me. (1 Nephi 11:17)
- \_\_\_ 3. I trust the Savior enough to accept His will and do whatever He asks. (1 Nephi 3:7)
- \_\_\_ 4. I firmly believe that through the Atonement of Jesus Christ I can be forgiven of all my sins. (Enos 1:5–8)
- \_\_\_ 5. I have enough faith in Christ to obtain answers to my prayers. (Mosiah 27:14)
- \_\_\_ 6. I think about the Savior during the day and remember what He has done for me. (D&C 20:77, 79)
- \_\_\_ 7. I have the faith necessary to help make good things happen in my life or the lives of others. (Ether 12:12)
- \_\_\_ 8. I know by the power of the Holy Ghost that the Book of Mormon is true. (Moroni 10:3–5)
- \_\_\_ 9. I have enough faith in Christ to accomplish anything He wants me to do—even miracles if necessary. (Moroni 7:33)

## Hope

- \_\_\_ 10. One of my greatest desires is to inherit eternal life in the celestial kingdom of God. (Moroni 7:41)
- \_\_\_ 11. I am confident that I will have a happy and successful mission. (D&C 31:3–5)
- \_\_\_ 12. I feel peaceful and optimistic about the future. (D&C 59:23)
- \_\_\_ 13. I firmly believe that someday I will dwell with God and become like Him. (Ether 12:4)

## Charity and Love

- \_\_\_ 14. I feel a sincere desire for the eternal welfare and happiness of other people. (Mosiah 28:3)
- \_\_\_ 15. When I pray, I ask for charity—the pure love of Christ. (Moroni 7:47–48)
- \_\_\_ 16. I try to understand others' feelings and see their point of view. (Jude 1:22)
- \_\_\_ 17. I forgive others who have offended or wronged me. (Ephesians 4:32)
- \_\_\_ 18. I try to help others when they are struggling or discouraged. (Mosiah 18:9)
- \_\_\_ 19. When appropriate, I tell others that I love them and care about them. (Luke 7:12–15)

- \_\_\_ 20. I look for opportunities to serve other people. (Mosiah 2:17)
- \_\_\_ 21. I say positive things about others. (D&C 42:27)
- \_\_\_ 22. I am kind and patient with others, even when they are hard to get along with. (Moroni 7:45)
- \_\_\_ 23. I find joy in others' achievements. (Alma 17:2–4)

## Virtue

- \_\_\_ 24. I am clean and pure in heart. (Psalm 24:3–4)
- \_\_\_ 25. I have no desire to do evil but to do good. (Mosiah 5:2)
- \_\_\_ 26. I am dependable—I do what I say I will do. (Alma 53:20)
- \_\_\_ 27. I focus on righteous, uplifting thoughts and put unwholesome thoughts out of my mind. (D&C 121:45)
- \_\_\_ 28. I repent of my sins and strive to overcome my weaknesses. (D&C 49:26–28)
- \_\_\_ 29. I feel the influence of the Holy Ghost in my life. (D&C 11:12–13)

## Knowledge

- \_\_\_ 30. I feel confident in my understanding of gospel doctrines and principles. (Ether 3:19–20)
- \_\_\_ 31. I study the scriptures daily. (John 5:39)
- \_\_\_ 32. I earnestly seek to understand the truth and find answers to my questions. (D&C 6:7)
- \_\_\_ 33. I receive knowledge and guidance through the Spirit. (1 Nephi 4:6)
- \_\_\_ 34. I love and cherish the doctrines and principles of the gospel. (2 Nephi 4:15)

## Patience

- \_\_\_ 35. I wait patiently for the blessings and promises of the Lord to be fulfilled. (2 Nephi 10:17)
- \_\_\_ 36. I am able to wait for things without getting upset or frustrated. (Romans 8:25)
- \_\_\_ 37. I am patient and long-suffering with the challenges of being a missionary. (Alma 17:11)
- \_\_\_ 38. I am patient with the faults and weaknesses of others. (Romans 15:1)
- \_\_\_ 39. I am patient with myself and rely on the Lord as I work to overcome my weaknesses. (Ether 12:27)
- \_\_\_ 40. I face adversity and afflictions calmly and hopefully. (Alma 34:40–41)

## Humility

- \_\_\_ 41. I am meek and lowly in heart. (Matthew 11:29)
- \_\_\_ 42. I rely on the Lord for help. (Alma 26:12)
- \_\_\_ 43. I am sincerely grateful for the blessings I have received from the Lord. (Alma 7:23)
- \_\_\_ 44. My prayers are earnest and sincere. (Enos 1:4)
- \_\_\_ 45. I appreciate direction from my leaders or teachers. (2 Nephi 9:28)
- \_\_\_ 46. I strive to be submissive to the Lord's will, whatever it may be. (Mosiah 24:15)

## Diligence

- \_\_\_ 47. I work effectively, even when I'm not under pressure or close supervision. (D&C 58:26–27)
- \_\_\_ 48. I focus my efforts on the most important things. (Matthew 23:23)
- \_\_\_ 49. I have a personal prayer at least twice a day. (Alma 34:18–27)
- \_\_\_ 50. I focus my thoughts on my calling as a missionary. (D&C 4:2, 5)
- \_\_\_ 51. I set goals and plan regularly. (D&C 88:119)
- \_\_\_ 52. I work hard until the job is completed successfully. (D&C 10:4)
- \_\_\_ 53. I find joy and satisfaction in my work. (Alma 36:24–25)

## Obedience

- \_\_\_ 54. When I pray, I ask for strength to resist temptation and to do what is right. (3 Nephi 18:15)
- \_\_\_ 55. I keep the required commandments to be worthy of a temple recommend. (D&C 97:8)
- \_\_\_ 56. I willingly obey the mission rules and follow the counsel of my leaders. (Hebrews 13:17)
- \_\_\_ 57. I strive to live in accordance with the laws and principles of the gospel. (D&C 41:5)