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BYU Campus Education Week: August 15–19, 2005

1:50–2:45 PM 446 Martin Building (MARB)

“Self Worth & Happiness”

Tuesday, August 16th:

Building Self-Worth as Daughters of Zion

- Thou Shalt not Compare
 - i. A tale of three sisters
 - ii. Only one true comparison
- The Plague of Perfectionism
 - i. The “Eternal Perfection” we seek is not available in mortality (see Elder Russell M. Nelson, “*Perfection Pending*,” Ensign, November 1995)
 - ii. Perfection or completion?
- Forgiveness is the Key
 - i. How full is your backpack?
- How do you turn a pessimist into an optimist?
 - i. What questions am I asking myself?
- Top Floor Perspective vs. Basement Perspective
 - i. God’s view
- Your Spiritual “DNA”
 - i. Our most under-utilized tool . . .
- Attitude and success . . .

Wednesday, August 17th:

Happiness Is . . . Keys to Happiness

- Knowing your purpose
- Having fulfilling relationships (intimate, family, friends)
- Learning and developing new skills and talents
- Living a balanced life (physically, spiritually, emotionally)
- Enjoying and living in the moment
- Having a sense of control over your life
- Dealing with stress effectively
- Living life with passion and joy
- Having strong faith in God
- Humor, laughter, and playfulness
- Being open-minded and non-judgmental
- Forgiveness of self and others

Thursday, August 18th:

Fulfilling our Stewardship will Bring Happiness

(Based upon the following statement from President Gordon B. Hinckley):

“I am confident that when we stand before the bar of God, there will be little mention of how much wealth we accumulated in life or of any honors which we may have achieved. But there will be searching questions concerning our domestic relations. And I am convinced that only those who have walked through life with love and respect and appreciation for their companions and children, will receive from our eternal judge the words, ‘Well done, thou good and faithful servant . . . enter thou into the joy of thy Lord (Matthew 25:21)’” (President Gordon B. Hinckley, “Personal Worthiness to Exercise the Priesthood,” Ensign, May 2002).

- Spouse, children, and family
- Our God-given gifts and talents
- Honesty in all of our dealings
- Our service in church callings
- Positive contribution to our communities and beyond

Friday, August 19th:

Creating Daily Success Habits:

Daily Checklist: Week of _____	Sn	M	T	W	T	F	St
Did I have a heartfelt prayer?							
Did I have meaningful scripture study?							
Did I have an attitude of gratitude?							
Did I keep Jesus Christ in my mind and heart today?							
Was I honest with myself and others today?							
Did I serve someone else today?							
Was I kind and loving to everyone?							
Was I patient with myself and others?							
Did I exercise?							
Did I use my time wisely?							

5: I did my very best

3: I did it somewhat

1: I didn't do it at all