

# GENERAL

# CONFERENCE

# NOTEBOOK

**GET  
READY!**

Before conference starts, you can prepare to hear the voice of the Lord by seeking your own personal revelation.

Have I taken the time for personal prayer?

Have I read my scriptures?

"I invite you to listen for three things during this conference: pure truth, the pure doctrine of Christ, and pure revelation. . . . I can assure you that what you will hear today and tomorrow constitutes pure truth."

*President Russell M. Nelson<sup>1</sup>*

# ASK,

"Revelation almost always comes in response to a question."

*Elder Jeffrey R. Holland<sup>2</sup>*

## and Then Listen

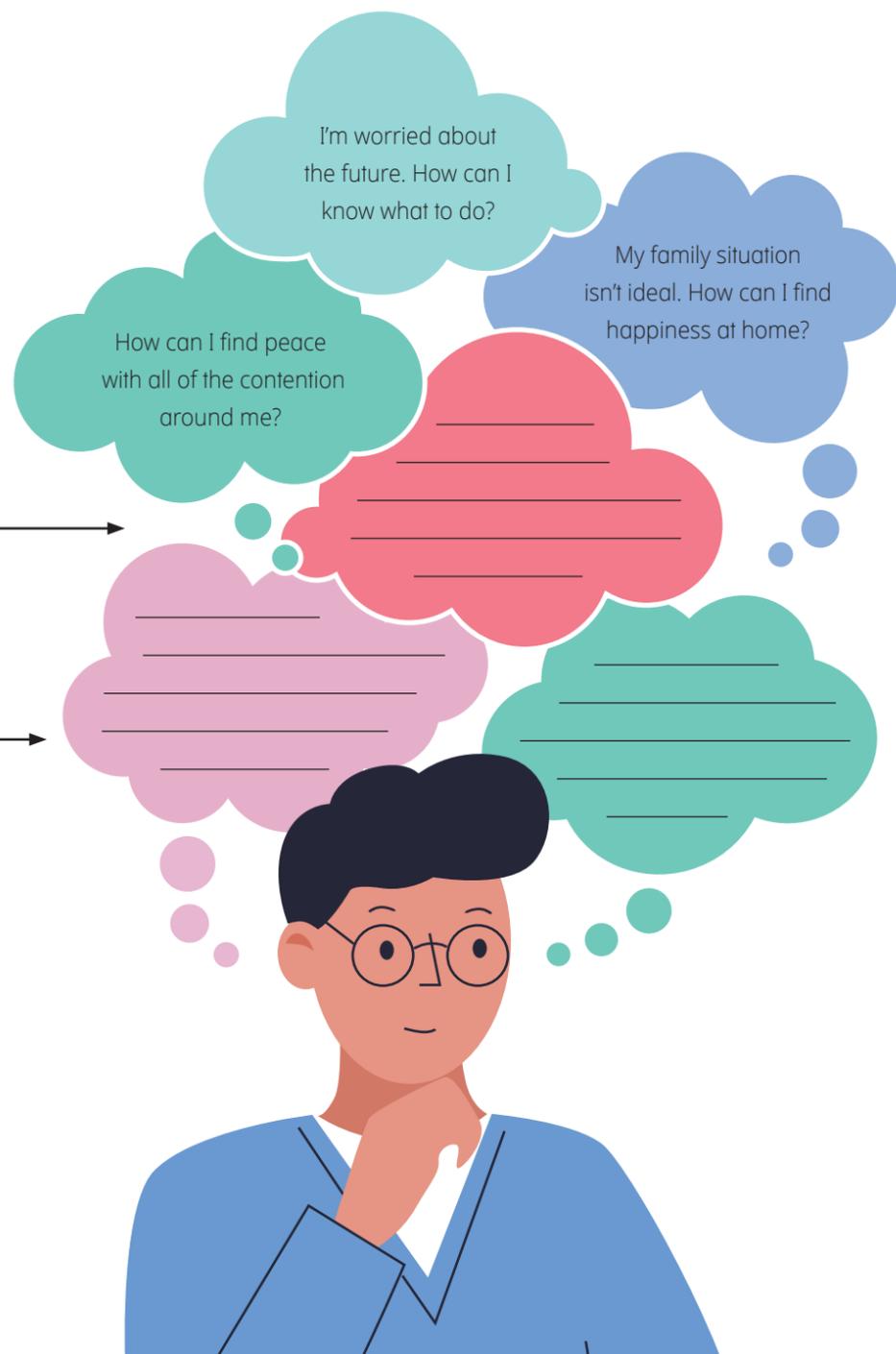
"Pure revelation for the questions in your heart will make this conference rewarding and unforgettable. If you have not yet sought for the ministering of the Holy Ghost to help you hear what the Lord would have you hear during these two days, I invite you to do so now."

*President Russell M. Nelson<sup>3</sup>*

### What is on your mind?

Think about questions or concerns you may have. You can write them down here and keep them in mind as you listen to conference. Even if you don't have anything specific in mind, the Lord will help you find ways to learn and grow as you make an effort to hear Him.

Here are some examples and space to write your own:



# TAKE NOTE!

Show the Lord that you are ready to receive and to act on revelation by focusing on listening to the Spirit and writing down what you think and feel. Don't worry about writing down every little thing that is said. You can always go back and read or watch these talks later.

"There is a great analogy [for note-taking] in the Book of Mormon. There are the large plates, which are the history of the people, and the small plates, which are the revelations and the sacred writings. If a person listening to a talk . . . is jotting down what the person is saying, then you are recording on the large plates—the history of the meeting. If you are recording the individual impressions that are coming to you by the Holy Ghost, you are creating your own small plates."

*Elder David A. Bednar<sup>4</sup>*

### What They Taught:

Large empty box for taking notes on what was taught.

### My Feelings and Impressions:

Large empty box for recording feelings and impressions.

### LISTEN TO THE SPIRIT. WHAT DO YOU FEEL?

"If all we get is what the teacher presents, we're missing what matters most."

*Elder David A. Bednar<sup>5</sup>*

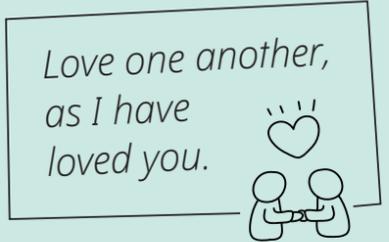
What They Said:

Large empty rectangular area for taking notes.



**THERE'S NO WRONG WAY TO TAKE NOTES**

Do you have a hard time focusing? Try personalizing your notes. Add some doodles, creative lettering, or illustrations to help you to remember stories, quotes, or promptings that mean something to you.



My Feelings and Impressions:

Large empty rectangular area for writing feelings and impressions.



**PAUSE!**

Have you received any answers to your questions so far? If you have, take a moment to write down the guidance and direction you've received.



"I promise that as you hear the voice of the Lord to you in the teachings of this general conference, and then act on those promptings, you will feel heaven's hand upon you, and your life and the lives of those around you will be blessed."

*Elder Neil L. Andersen<sup>6</sup>*



"In those two words—'Hear Him'—God gives us the pattern for success, happiness, and joy in this life. We are to *hear* the words of the Lord, *hearken* to them, and *heed* what He has told us!"

President Russell M. Nelson<sup>7</sup>



What They Said:



My Feelings and Impressions:

## NOW WHAT?

Once conference is over, it's time to work on the things you've heard and felt. Here are some questions to get you started:

- What is one thing that I can focus on as I move forward?
- Is there anything about my life that I feel prompted to change?
- What promptings will I act on?
- How did I Hear Him during conference?
- How can I Hear Him better in my daily life?

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Are you thrilled with the way your conference notes came together? Do you have some doodles or illustrations that are insta-worthy? Share them with us! Email a picture of your notes to [ftsoy@ChurchofJesusChrist.org](mailto:ftsoy@ChurchofJesusChrist.org) or post them on Instagram and tag the @strivetobe page!





“Answers to your specific prayers may come directly from a particular talk or from a specific phrase. . . . An earnest desire to hear and follow the words of counsel will prepare the way for personal revelation.”

*Elder Dieter F. Uchtdorf<sup>®</sup>*

**Notes**

1. Russell M. Nelson, “Pure Truth, Pure Doctrine, and Pure Revelation,” Oct. 2021 general conference (*Ensign* or *Liahona*, Nov. 2021, 6).
2. Jeffrey R. Holland, “Cast Not Away Therefore Your Confidence,” *Ensign*, Mar. 2000, 9.
3. Russell M. Nelson, “Pure Truth, Pure Doctrine, and Pure Revelation” (6–7).
4. David A. Bednar, “Create Your Own Small Plates” (video), ChurchofJesusChrist.org.
5. David A. Bednar, “Create Your Own Small Plates.”
6. Neil L. Andersen, Oct. 2017 general conference (*Ensign* or *Liahona*, Nov. 2017, 126).
7. Russell M. Nelson, “Hear Him,” Apr. 2020 general conference (*Ensign* or *Liahona*, May 2020, 89).
8. Dieter F. Uchtdorf, “General Conference—No Ordinary Blessing,” *Ensign* or *Liahona*, Sept. 2011, 4.

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