

I promised myself and my future companion on _____ that I will make choices now for our future family.

- I will stay worthy of my Temple recommend.
- I will be an example of the power of virtue.
- I will firmly set my faith on the Savior.
- I will attend my church meetings and pay close attention to instruction from the Spirit
- I will study, understand, and live the truths in the Scriptures, the words of the Prophets, and the For the Strength of Youth Pamphlet.
- I will prepare myself now to be the kind of husband or wife, and mother or father that I know I can be if I will prepare.
- I will pray with faith everyday and ask for guidance to make important decisions
- And every time I go out with my friends or on a date, I will remember the covenants I have made and the covenants I will yet make.

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