

Faith

- Experience #3 – Share with your Trek family how you can demonstrate "Steadfast Faith in Christ."
- Personalized Experience – Research pioneers from the Willy and Martin Handcart Company and the ways in which they experienced faith. Journal and share the ways in which their experience and faith can strengthen your own faith.
- Value Project – Take a family history class and collect stories of your pioneer ancestors that have demonstrated faith.

Divine Nature

- Experience – Consider and study about the attributes that the pioneer women exhibited as daughters of God. Record what you learn in your journal and choose one of those attributes to work on. Evaluate your progress after 2 weeks. Strive to exhibit those attributes while cooperating with others during the Trek.

Individual Worth

- Experience #3 – Pay close attention to your Trek family and acknowledge their qualities.
- Value Project – Compile your personal history using journal entries and pictures. Consider adding your preparation for the Trek and the experiences and feelings you had.

Knowledge

Many options for value experiences or projects related to the following:

- Sewing
- Fitness
- Survival skills
- Research on handcart pioneers represented with a written essay
- Outdoor cooking

Choice & Accountability

- Choose to have a positive attitude while on the Trek and help others to do the same.
- Choose to be grateful for all the blessings you have because of the sacrifice of others especially the pioneers.
- Experience #5 – Pray for and live worthy to have the Holy Ghost help you make correct choices and to feel the spirit while on the Trek. Record your feelings in your journal.
- Value Project – Help plan and direct a youth activity related to the Trek under the direction of leaders.

Good Works

- Experience #3 – Comfort others who are having a hard time on the Trek.
- Experience #4 – Teach a lesson about service with your Trek family.
- Experience #7 – Invite a friend who is less active to go on the Trek with you.

- Consider and learn about the ways the handcart pioneers performed good works on a daily basis. Plan a service project to be completed while on the Trek for your family members, a tent mate, etc. Report your experience afterward.

Integrity

- Experience #2 – Conduct a self-assessment of your personal integrity. Pray for strength to live with integrity and write in your journal a new habit you would like to develop. Practice this habit on the Trek.
- Record examples of the ways the handcart pioneers demonstrated the quality of integrity.
- Demonstrate integrity by following through with your commitments while on the Trek.

Virtue

Experience #2 - Study the lives of the pioneers as an example of how they followed the promptings of the Holy Ghost and think about when you have followed similar promptings.