

## Personal Life Philosophy

“The happiest people I know are not those who find their golden ticket; they are those who, while in pursuit of worthy goals, discover and treasure the beauty and sweetness of the everyday moments. They are the ones who, thread by daily thread, weave a tapestry of gratitude and wonder throughout their lives. These are they who are truly happy.” (1.) I love what Dieter F. Uchtdorf teaches us in his LDS Conference Talk that was later published into a book titled *Forget Me Not*. I would like to share his 5 “forget me not” points for some of my Personal Life Philosophy. President Uchtdorf tells us that we would be wise never to forget them.

Point number one, “Forget not to be patient with yourself.” I remember sitting in the chapel listening to this talk. I was surrounded by many wonderful sisters in my LDS Stake, and the look on all of our faces was kind of this “guilty” look. We immediately knew he was talking to us! I love the reminder that God is fully aware that we are not perfect. What I loved about President Uchtdorf is he expounded on that and said, “Let me add, God is also fully aware that the people you think are perfect are not.” That struck me as extremely powerful because it is easy to understand that I am not perfect, but when I see other women around me and how amazing they are, I tend to forget that they really aren’t as perfect as they look in my eyes. I often compare myself with others, and compare their strengths to my weaknesses. The point of remembering to be patient with myself is definitely something that I work on every day. I loved this quote, “God wants to help us to eventually turn all of our weaknesses into strengths, but He knows that this is a long-term goal. He wants us to become perfect, and if we stay on the path of discipleship, one day we will. It’s okay that you’re not quite there yet. Keep working on it, but stop punishing yourself.” I love how we are encouraged to be grateful for the little things that we do in our homes. I feel encouraged when I stop punishing myself for not doing all of the

amazing things I try to set out to do each day, and realize that the time that I spend teaching my two adorable boys is exactly what I need to be doing right now. President Uchtdorf said, “If you consider success to be only the most perfect rose or dazzling orchid, you may miss some of life’s sweetest experiences.”

The second “petal” of the “forget me not flower” point is “Forget not the difference between a good sacrifice and a foolish sacrifice.” My heart was so happy when he talked about this. I had actually just finished a scripture study process where I picked the topic of “Sacrifice”. I wanted to learn more about when sacrifice was talked about throughout the *Book of Mormon*. I truly agree with what President Uchtdorf says about this topic, “An acceptable sacrifice is when we give up something good for something of far greater worth.” As we are trying to decide what are good sacrifices versus sacrifices that are not, he urges us to ask this question, “Am I committing my time and energies to the things that matter most?” This helped me so much as I am trying to balance my life and my priorities. We could ask ourselves this question every day to help us know how to manage our time.

The third point is “Forget not to be happy now.” I think this is something everyone should have on their walls to read every day. It is alright to be happy even when life isn’t what we think it should be. To illustrate this point President Uchtdorf states, “if we spend our days waiting for fabulous roses, we could miss the beauty and wonder of the tiny forget-me-nots that are all around us. This is not to say that we should abandon hope or temper our goals. Never stop striving for the best that is within you. Never stop hoping for all of the righteous desires of your heart. But don’t close your eyes and hearts to the simple and elegant beauties of each day’s ordinary moments that make up a rich, well-lived life.” This is what I strive for each day. I don’t want to overlook the cute little things that my boys do each day.

Fourth, “Forget not the *why* of the gospel.” I remember after I heard this talk I was so moved by this point that I got up in Fast and Testimony Meeting and bore my testimony about how I know that we should never forget the why of the gospel. I don’t usually get up and bear my testimony because I have a hard time actually saying what is in my heart and mind when I am in front of people. President Uchtdorf said, “We focus on what the Lord wants us to do and how we might do it, but sometimes forget why.” This helps so much especially serving in our different church callings, go to church each week, go visiting or home teaching, or when we attend the temple.

The last point that he counsels to us is, “Forget not that the Lord loves you.” Just as President Uchtdorf tells us this, I truly believe it, “Wherever you are, whatever your circumstances may be, you are not forgotten. No matter how dark your days may seem, no matter how insignificant you may feel, no matter how overshadowed you think you may be, your Heavenly Father has not forgotten you.” This is something that if more of us were aware of, how much happier our society would be. If we could fully understand and believe this following statement, we would try harder each day, “You are destined for more than you can possibly imagine.”

The following quote is very important in my life, these are indeed values that I hold very dear. Mary Ellen Smoot, the thirteenth Relief Society President of the Church of Jesus Christ of Latter-day Saints and her counselors, Sister Jensen and Sister Dew tell me what it means to be a daughter of God and the values and virtues we have. “We are women of faith, virtue, vision, and charity who: ‘Increase our testimonies of Jesus Christ through prayer and scripture study. Seek spiritual strength by following the promptings of the Holy Ghost. Dedicate ourselves to strengthening marriages, families, and homes. Find nobility in motherhood and joy in

womanhood. Delight in service and good works. Love life and learning. Stand for truth and righteousness. Sustain the priesthood as the authority of God on earth. Rejoice in the blessings of the temple, understand our divine destiny, and strive for exaltation.” (2.) As I strive to live each day by doing my best to follow these values, I know that I can accomplish those things that my heart desires the most. I know I will be blessed to be a better Mother and Wife. I absolutely love knowing that even though it is hard to realize that I can do great things, that I know my Heavenly Father loves me and loves when I do my best to honor my covenants and serve others.

On October 23, 2011, I was able to attend a Regional Stake Conference where we were blessed to hear a message from Elder David A. Bednar. I even took notes during his address, and said this about it, “Elder Bednar was the last speaker and gave one of the greatest Stake Conference talks I have ever heard.” He talked to us about Conversion. (3.) He said this on the subject, “Conversion is consistently being true to what we know.” It is so true that when we are being consistent, we won’t slide back. He taught us that we will never fall away when our testimonies of the gospel have led to conversion. I bring this up because my testimony in the gospel is very important, and I feel the truths I learn from the gospel help shape my values and help me to become a better person. I work very hard to develop my testimony of the gospel into conversion. Elder Bednar counseled us to recognize and respond to others needs even and definitely when they are less than our own needs. He teaches us that we have Ordinances and Covenants to help us put off the “Natural Man” and become Saint-Like. We cannot be strengthened on our own. It is “through the Atonement of Christ that helps us increase our capacity to put off the natural man.” I loved the messages that Elder Bednar fed us with that day.

My final point I would like to discuss with my Personal Life Philosophy comes from a talk given from Elder M. Russell Ballard during the April 2012 General Conference Address.

He explains that life is better (and much happier) as hearts turn toward family and as families live in the light of the gospel of Christ. (4.) I strongly believe that the strengthening of families will help so much with the struggles of our Nation and around the world. There are so many of us that are “lost” and do not know the direction that they are headed. Elder Ballard suggests what we can do about this. “So what can we do to not become lost? First, may I suggest that we *prioritize*. Put everything you do outside the home in subjection to and in support of what happens inside your home. Remember President Harold B. Lee’s counsel that “the most important . . . work you will ever do will be within the walls of your own homes” (5.) and President David O. McKay’s timeless “No other success can compensate for failure in the home.” (6.) Elder Ballard also gives us tips on how we can have success in our own homes. I work hard to use these in my own life to make sure I am doing what I can to have a successful home. “Organize your personal lives to provide time for prayer and scriptures and family activity. Give your children responsibilities in the home that will teach them how to work. Teach them that living the gospel will lead them away from the filth, promiscuity, and violence of the Internet, media, and video games. They will not be lost, and they will be prepared to handle responsibility when it is thrust upon them.”

Through the many points I discussed given by amazing leaders of the LDS Church, I believe these values will bring us success and happiness. They will help me in my life, and I cherish the advice and counsel that I am given through these inspired messages. I will continue to follow the suggestions given, and hope I can help others around me be able to better their own homes and family. Just as President Uchtdorf says, “the happiest people I know are not those who find their golden ticket; they are those who, while in pursuit of worthy goals, discover and

treasure the beauty and sweetness of the everyday moments.” It is those everyday moments that I hold dear to me.

## Bibliography

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