

# PREPARE FOR APRIL 2022 GENERAL CONFERENCE

READ SCRIPTURES  
ABOUT JESUS CHRIST'S  
EARTHLY MINISTRY

PRE-CONFERENCE  
PREP  
CHALLENGE

PLAN A  
FUN TREAT FOR  
IN BETWEEN  
SESSIONS

SPEND TIME  
IN NATURE

GET ENOUGH  
SLEEP

EXERCISE  
OR DO YOGA

PRAYERFULLY  
CONSIDER THE  
BEST WAY FOR  
YOU TO VIEW  
CONFERENCE

PRACTICE  
MINDFULNESS

WRITE DOWN 3  
POSITIVE  
REMINDERS FOR  
YOURSELF

TIDY UP  
AROUND YOUR  
HOME

RE-READ A FAVORITE  
TALK FROM A  
PREVIOUS CONFERENCE

GO FOR  
A LONG WALK

WATCH THE  
SUNRISE OR  
SUNSET

WRITE ABOUT  
YOUR HOPES FOR  
CONFERENCE IN  
A JOURNAL

SHARE A QUOTE  
YOU LOVE FROM  
A PREVIOUS  
CONF ON SOCIAL  
MEDIA

LIFT + LOVE