

I Can Do Hard Things Challenge

While meeting with the stake presidency, our bishopric realized that we needed a program that will help push our youth to be better prepared for the life that is coming for them as they get older.

We often see in this day and age full of video games and cellphones that we can fall short of many activities that can lead to other opportunities outside of our home and screens.

While of course these things are fun and fine to do, we are hoping that this program will help push our youth to try new things while they are young and become exposed to many different opportunities that can open doors and allow them to see the world through a better light.

The thirteenth Article of Faith counsels us to: believe all things, hope all things, endure many things, and hope to be able to endure all things. If there is anything virtuous, lovely, or of good report or praise worthy, we seek after these things.

As such we hope to seek after more praise worthy things that will help us to endure and better appreciate the world around us.

And so we have raised the challenge and extend it in this fashion:

Any youth that can complete all of these tasks by the end of the year and show proof of accomplishment qualifies for a special recognition award including an invitation to a rewards banquet, a special custom made plaque, and ward recognition that will last for the eternities.

As a side note. We recognize that this challenge is hard. It was intended to be hard. But achievable with dedication and focus. There can be a total of 2 challenges not finished that will still count as goals achieved.

Program Overall:

Physical

1. Hike 4 10 mile hikes
2. Complete 1 20 mile hike or bike 50 miles or swim 1 mile or participate in a triathlon
3. Do 30 push-ups every day for one month straight.
4. Tread water without a break for 5 minutes.
5. Learn to do 2 lifetime sports.
6. Learn a new sport.
7. Learn 5 useful knots.
8. Start a fire and then completely put it out.
9. Participate in 2 overnight camp outs.
10. Build a shelter and sleep in it without a sleeping bag.
11. Properly set up your pole and go fishing.
12. Learn basic first aid principles including how to make a splint and wrap a wound.

Social

13. Prepare 3 different meals.
14. Set and follow through with a 6 month goal.
15. Tour 4 locations of employment.
16. Host a bon fire
17. Be part of a performance.
18. Complete an art project
19. Participate in 4 different service projects.
20. Learn about an ancestor.
21. Cook something over an open flame.
22. Prepare a 72 hour emergency preparedness kit.
23. Learn a musical instrument.
24. Give a 5 minute talk or speech on something not spiritual and not at school.
25. Invite someone not of our faith to a youth activity.

Intellectual.

26. Receive no grade lower than a C in any class.
27. Receive no more than 3 tardies on the year.
28. Participate in one club at school or community
29. Participate in one sports team at school or community
30. Identify 4 constellations without technological help.
31. Write a personal biography. Must be 500+ words long.
32. Create a website, family photo album, or cookbook.
33. Read 3 books from 3 different genres and write a report on them. Must be 500 words long.
34. Keep a journal for 30 consecutive days.
35. Accomplish 10 personal goals.

Spiritual

36. Read the Book of Mormon Cover to Cover
37. Give 2 talks and teach 2 lessons in church
38. Invite someone not of our faith to Church.
39. Work with the full time missionaries
40. Participate in FSJ and AP camp
41. Bare testimony in church 4 times.
42. Attend the temple.
43. Prepare 5 names and bring them to the temple
44. Memorize Sacrament Prayers and all 13 articles of faith
45. Read and Teach your family about the Proclamation to the world and The Living Christ.

Capstone Service Project

PHYSICAL

Physical challenges are important to everyone. When we push ourselves physically we gain self confidence, we feel healthier, and usually do something cool in the process. When we do hard physical things we are able to point to those points as examples of how we are tough as nails. As you are working on your physical challenges remember that if what is asked is too much to do your very best and then talk with a parent or adult leader about meeting the rest of the requirements asked.

1. Hike 4 ten mile hikes.

Hiking is a wonderful activity that allows people to get outside and spend time enjoying nature. It does not require lots of money or a huge trip to be a very enjoyable yet hard thing to do. Be sure to take a picture and share it on social media when doing your hikes. These can be signed off by a parent or by a leader.

Hike 1.

Location. _____

Date. _____ Distance. _____

Youth Signature. _____

Adult Signature _____

Hike 2.

Location. _____

Date. _____ Distance. _____

Youth Signature. _____

Adult Signature _____

Hike 3.

Location. _____

Date. _____ Distance. _____

Youth Signature. _____

Adult Signature _____

Hike 4.

Location _____

Date. _____ Distance. _____

Youth Signature. _____

Adult Signature. _____

2. Do one of the following.

Hike 20 miles in one day.

Bike 50 miles in one day.

Swim 1 mile without stopping.

Finish a triathlon.

This program is designed to push our young people to accomplish hard things. As part of that this would be viewed as the capstone physical challenge. This is not an easy challenge but something that anyone that accomplishes it would be proud of and walk away from with pride and a sure sign of perseverance. Please take a picture of this and share with others. This can be signed off by a parent or leader.

What activity was done _____

Location. _____

Date. _____ Distance. _____

Youth Signature. _____

Adult Signature _____

3. Do 30 pushups every day for one month.

Push-ups are among the very best forms of working out that anyone can do. They work lots of muscles and push you to be better daily. These should be recorded in a journal of some form and signed off by a parent and submitted with finished paperwork.

30 push-ups every day challenge

Date Started _____

Date Finished _____

Youth Signature _____

Adult Signature _____

4. Tread water without a break for 5 straight minutes.

The ability to tread water could save your life if you ever got caught in a water emergency. This is a challenge that can be signed off by a parent or life guard from your local pool.

Treading Water Signatures:

Location _____ Date _____

Youth Signature _____

Adult Signature _____

5. Lifetime Sport

Learn to do 2 of the following: waterski/wakeboard, rock climb/rapel, snorkel/scuba dive, snow ski/snowboard, tennis/golf, bowling/ping pong, racquetball/pickleball.

These are lifetime sports that you can play long past your youth and school years. You need to learn how to and participate in any 4 of these games/activities. This can be signed off by a coach, parent, or leader.

Activity _____.

Date. _____

Youth Signature _____

Adult Signature _____

Activity _____.

Date. _____

Youth Signature _____

Adult Signature _____

Activity _____.

Date. _____

Youth Signature _____

Adult Signature _____

Activity _____.

Date. _____

Youth Signature _____

Adult Signature _____

6. Learn a new sport

This can be any sport outside of the ones listed in this pamphlet. Sports are a wonderful opportunity to play a game or participate in an activity with others. It builds self confidence and team building opportunities. You need to learn a new sport and play it at least once. This can be signed off by a parent, coach, or leader.

Sport. _____

Date. _____

Youth Signature. _____

Adult Signature _____

7. Learn 5 useful knots.

Knots can be used in a variety of different activities. From sailing to climbing to camping. Knots are an important skill that can help open up the world and allow you to better interact with the world around you. You must learn 5 knots. Demonstrate tying them without help and explain their purpose. This can be signed off by a parent or leader.

Knot. _____

Date. _____

Youth Signature _____

Adult Signature _____

Knot. _____

Date. _____

Youth Signature _____

Adult Signature _____

Knot. _____

Date. _____

Youth Signature _____

Adult Signature _____

Knot. _____

Date. _____

Youth Signature _____

Adult Signature _____

Knot. _____

Date. _____

Youth Signature _____

Adult Signature _____

8. Start a fire and completely put it out.

Living in Arizona, camping and fires are a common way of life. Proper fire safety is important to know. Both how to make one safely and how to put one out completely. This is an activity that can be signed off by a parent or leader.

Date. _____

Youth Signature. _____

Adult Signature _____

9. Participate in 2 overnight camp outs.

Camping is a wonderful opportunity to help us to spend time away from technology and simply be out in nature with friends and family.

This can be done two nights in a row if so desired and signed off by a parent.

Date. _____

Youth Signature. _____

Adult Signature _____

Date. _____

Youth Signature. _____

Adult Signature _____

10. Build a shelter and sleep in it without a sleeping bag.

Shelter is one of the most important things one can ever know how to make in a survival situation. Being able to make it a night without a sleeping bag outside is an added skill. Combine both of these and prove how hardcore our young men really are! This can be signed off by a parent or a leader.

Date. _____

Youth Signature. _____

Adult Signature _____

11. Properly set up your pole and go fishing.

There's the old adage. Give a man a fish and feed him for a day. Teach a man to fish and feed him for a lifetime. Let's get fed for a lifetime. Demonstrate how to put together a fishing pole and go fishing. This can be signed off from a parent or leader.

Date. _____

Youth Signature. _____

Adult Signature _____

12. Learn basic first aid principles including how to make a splint and wrap a wound.

Someday odds are that something bad will happen and you will need to help someone in a first aid fashion. It is important to know how to do that. Learn and demonstrate the basic parts of a first aid kit, how to make a splint, and how to properly wrap a wound. This can be signed off by a parent or leader.

Date. _____

Youth Signature. _____

Adult Signature. _____

Social

Humans are Social by nature. We thrive when we are part of a community. These skills will help you as you grow to be a better support to your community. These skills will help you to interact with and love those that you know. Remember that it is only when you forget yourself in service that you will find yourself.

13. Prepare 3 different meals.

Cooking is an important skill for people. It is empowering to find a recipe and prepare it. Find 3 different meals and prepare them without any adult help. Please share your food with someone you love. This can be signed off by a parent or leader.

Food cooked. _____

Date. _____

Youth Signature. _____

Adult Signature _____

Food cooked. _____

Date. _____

Youth Signature. _____

Adult Signature _____

Food cooked. _____

Date. _____

Youth Signature. _____

Adult Signature _____

14. Set and follow through with a 6 month goal.

People do not accomplish things magically overnight. Success in life does not just happen. It is driven by goals as people work towards specific goals that push you towards your dreams. Please with an adult set a goal for 6 months from now. This goal can be anything social that you would like. But it does need to be simple, measurable, attainable, realistic, and have an end date by when you will have done it. Afterwards have a parent or leader sign this off.

Goal. _____

Start Date. _____

End Date. _____

Youth Signature. _____

Adult Signature. _____

15. Tour 4 locations of employment.

We live in a world with endless employment opportunities. There are many different ways to work and make money. Choose 4 different locations and to and learn about what they do at those locations and what it would take to work in those places. This can be signed off by a potential employer, parent, or leader.

Location. _____

Date. _____

Youth Signature. _____

Adult Signature. _____

Location. _____

Date. _____

Youth Signature. _____

Adult Signature. _____

Location. _____

Date. _____

Youth Signature. _____

Adult Signature. _____

Location. _____

Date. _____

Youth Signature. _____

Adult Signature. _____

16. Host a bon fire.

A bon fire is simply a friendly evening with friends and or family where you make a fire, roast marshmallows, and enjoy good company. Remember to be careful and practice proper fire safety when doing this activity. This can be signed off by a parent or leader.

Date. _____

Youth Signature. _____

Adult Signature. _____

17. Be part of a performance.

Skits, musical numbers, and plays can be among the funnest and best ways to express yourself artistically. It is not an easy challenge to perform in front of others. This should be practiced at least 3 times on 3 separate occasions before performing. This can be signed off by a parent, director, or leader.

Performance. _____

Date. _____

Youth Signature. _____

Adult Signature. _____

18. Create an art project.

Not everyone is an artist but everyone should attempt art. This can be done in a variety of ways. Remember it's your project. Have fun with it! This should be something that you spend at least 5 hours on. These don't have to be done in one sitting. This can be signed off by a teacher, parent, or leader.

Project. _____

Date. _____

Youth Signature. _____

Adult Signature. _____

19. Participate in 4 different service projects.

One of the hardest things for teenagers is to think outside of themselves. By participating in multiple service projects you will be doing exactly that. This can be signed off by a parent or leader.

Project. _____

Date. _____

Youth Signature. _____

Adult Signature. _____

Project. _____

Date. _____

Youth Signature. _____

Adult Signature. _____

Project. _____

Date. _____

Youth Signature. _____

Adult Signature. _____

Project. _____

Date. _____

Youth Signature. _____

Adult Signature. _____

20. Learn about an ancestor.

As you grow up you will see that the most important people in life are family. One of the greatest things about living today is that it has never been easier to learn about our ancestors. Please choose one and learn about them and write up a 500 word report about your ancestor and who they were. This can be signed off by a parent, grand parent, or leader.

Name of ancestor. _____

Date. _____

Youth Signature. _____

Adult Signature. _____

21. Cook something over an open flame.

The ability to cook over fire is a wonderful and powerful thing that helps us to better appreciate our world that we live in today. This can not include hotdogs or s'mores. This can be signed off by a parent or leader.

Food cooked. _____

Date. _____

Youth Signature. _____

Adult Signature. _____

22. Prepare a 72-hour emergency preparedness kit.

When emergencies come there is little to do to stop them. But. One thing you can do is have an emergency kit that will get you through for 3 days if you have to be in any bad situation. This can be signed off by a parent or leader.

Date. _____

Youth Signature. _____

Adult Signature. _____

23. Learn a musical instrument.

Music is one of the things that separates men from beasts. It can bless your life and bring a new sense of appreciation for professional musicians that you listen to.

Spend 30 days working on a song on a musical instrument. This can be signed off by a parent, teacher, or leader.

Instrument. _____

Date. _____

Youth Signature. _____

Adult Signature. _____

24. Give a 5-minute talk or speech on something not spiritual and not at school.

Being able to talk about things that are important to you outside of just for school is an important skill to develop. It can lead you to becoming a leader or save you when you need to talk with strangers. This can be signed off by a parent or leader.

Topic. _____

Date. _____

Youth Signature. _____

Adult Signature. _____

25. Invite someone not of our faith to a youth activity

We do activities at the church for lots of reasons. They are fun. They help us grow. We can learn new and useful skills. But it is also a powerful opportunity for us to share the gospel with others.

Please invite a friend not of our faith to join you at a youth activity. This can be signed off by a parent or leader.

Date. _____

Youth Signature. _____

Adult Signature _____

Intellectual.

The glory of God is knowledge. We are asked to learn in this life. As you have started school the first thing you learn is how to read. After which you read to learn. You are now entering the phase of life where you are going to be learning to live. And so these skills in this section should help you to better learn to deal with different challenges and struggles that might push you as you are learning to grow and to become that much stronger and a better you. Learning is a life long thing that will never end. So let's get it down now!

26. Receive no grade lower than a C in any class on your semester report card

Holding ourselves to an educational standard is important as education can open doors for us going forward. On top of that it is important to know how to maintain a high grade point average and not give up on challenges that can be hard intellectually.

Grades _____

Date _____

Youth Signature _____

Adult Signature _____

27. Receive no more than 3 tardies in a semester.

We can't always control when we are at school. But we can always control being on time when we are there. It is important that we hold ourselves to being on time to our responsibilities because the world will not wait around for us as we prepare to enter into the world without the safety net of the schools to help us.

Number of Tardies _____ Date _____

Youth Signature _____

Adult Signature _____

28. Participate in one club at school or community

There are lots of fun organizations involved with the schools and communities that can teach you lots about life. Please go and join one and actively participate in one for at least 3 months.

Club/Organization _____

Start Date _____

End Date _____

Youth Signature _____

Adult Signature _____

29. Participate in one sports team at school or community.

Sports teach us things. They teach us how to work hard for a goal. They teach us how to dig in and go the extra mile. Sports can be a team thing that helps us to work for others or they can be an individual thing that teaches us how to drive ourselves. Regardless, sports are a thing that we should be trying because they will help us grow.

You should participate in at least one season of one sport by a school or community organization.

Sport _____

Start Date _____

End Date _____

Youth Signature _____

Adult Signature _____

30. Identify 4 constellations without technological help.

First God created the heavens and then the earth. It is important that we are able to know and identify our skies around us. They can help us to appreciate how vast the eternities are and bring us closer to our Heavenly Father.

4 Constellations

Date _____

Youth Signature _____

Adult Signature _____

31. Write a personal biography. Must be 500+ words long.

Everyone is the hero of their own story. As you have lived some life already it is powerful and eye opening to realize that you are creating a life that will be yours for the eternities. Write out what you have done so far and read it with your parents or leaders.

Date _____

Youth Signature _____

Adult Signature _____

32. Create a website, family photo album, or cookbook.

They say that a picture is worth 1000 words. These sorts of things can last for generations and bless families forever. Create your own family website, photo album, or cookbook that can be a part of your family lineage going forward.

Creation _____

Date _____

Youth Signature _____

Adult Signature _____

33. Read 3 books from 3 different genres and write a report on them. Must be 250 words long.

We live in a world where stories are told often in the forms of TV and movies. Even a good video game can tell a story. But nothing is as powerful as the mind is when reading a good book.

Read 3 different books from 3 different genres and write a report on each one. Each one should be at least 250 words long.

Book 1 Title _____
Date _____
Youth Signature _____
Adult Signature _____

Book 2 Title _____
Date _____
Youth Signature _____
Adult Signature _____

Book 3 Title _____
Date _____
Youth Signature _____
Adult Signature _____

34. Keep a journal for 30 consecutive days.

A journal especially on your mission is a powerful thing. It can keep these times and memories saved for eternity. Once the time goes it will not come back. Start now learning how to keep a journal and maintain it for an entire month.

Start Date _____
End Date _____
Youth Signature _____
Adult Signature _____

35. Accomplish 10 personal goals.

The difference between a dream and a goal is that a goal is written down. Nothing great can be achieved without it first becoming a goal. Work toward 10 different goals that can push and drive you in a way that you want to progress. Remember Simple. Measurable. Achievable. Realistic. Time oriented. Smart!

Goal _____

Start Date _____ End Date _____

Youth Signature _____

Adult Signature _____

Goal _____

Start Date _____ End Date _____

Youth Signature _____

Adult Signature _____

Goal _____

Start Date _____ End Date _____

Youth Signature _____

Adult Signature _____

Goal _____

Start Date _____ End Date _____

Youth Signature _____

Adult Signature _____

Goal _____

Start Date _____ End Date _____

Youth Signature _____

Adult Signature _____

Goal _____

Start Date _____ End Date _____

Youth Signature _____

Adult Signature _____

Goal _____

Start Date _____ End Date _____

Youth Signature _____

Adult Signature _____

Goal _____

Start Date _____ End Date _____

Youth Signature _____

Adult Signature _____

Goal _____

Start Date _____ End Date _____

Youth Signature _____

Adult Signature _____

Goal _____

Start Date _____ End Date _____

Youth Signature _____

Adult Signature _____

Spiritual

If there is one thing in this world that will make the difference for you as you grow older, it is your relationship with our Lord. You need to be in the driver's seat as you create a relationship with Him. This is not a passive thing. Much like friendships need tending and attention, your relationship with our Heavenly Father and Jesus Christ are things that you should always be working on. If there was one thing that we would want to develop as you go through our youth programs in Clifton, we would hope that primarily it would be that you have your own testimony and know how to approach and hear from our Heavenly Father.

This section should help you develop the skills necessary to better integrate the Lord and his works in your life.

36. Read the Book of Mormon Cover to Cover

One of the greatest opportunities you have as a youth is to read the Book of Mormon for the first time on your own. Pay attention to how it will influence your life as you read and study it. Remember after reading it to pray and ask the Lord if it actually is true.

Start Date _____ End Date _____

Youth Signature _____

Adult Signature _____

37. Give 2 talks in church and teach 2 lessons in your organization.

Speaking in public is often listed as one of the scariest things for people to do in any setting. It is important we learn to master that fear and use our agency to share what we have learned and studied about. As we grow and push ourselves the Lord will make us into mighty tools that he can use to help his other sheep. Speaking in church is where this all begins.

These can be mixed so doing one of each is ok. But you need a total of 2.

Talk/Lesson Topic _____

Date _____

Youth Signature _____

Adult Signature _____

Talk/Lesson Topic _____

Date _____

Youth Signature _____

Adult Signature _____

Talk/Lesson Topic _____

Date _____

Youth Signature _____

Adult Signature _____

Talk/Lesson Topic _____

Date _____

Youth Signature _____

Adult Signature _____

38. Invite someone not of our Faith to Church

President Nelson has taught that it is a priesthood responsibility to share the gospel. Invite someone not of our faith to Sunday meetings.

Date _____

Youth Signature _____

Adult Signature _____

39. Work with the full time missionaries.

Whether you are able to serve a full time mission or not it is powerful to learn how to share the gospel the way that our Savior did. Our local missionaries work daily completing his work and helping to build His kingdom here in our area. Go out at least 3 different times and help the missionaries to serve in one fashion or another.

Date _____

Youth Signature _____

Adult Signature _____

Date _____

Youth Signature _____

Adult Signature _____

Date _____

Youth Signature _____

Adult Signature _____

40. Participate in FSJ and AP camp

Every year we have wonderful opportunities to grow with these extra special occasion camps. Oftentimes when we leave our home environment and go someplace new and treat it special and sacred it can help us to gain a greater testimony and love of our Lord.

Date _____

Youth Signature _____

Adult Signature _____

Date _____

Youth Signature _____

Adult Signature _____

41. Bear testimony in church 4 times.

A testimony is found in the bearing of it. Please share your testimony at least 4 times in church

Date _____

Youth Signature _____

Adult Signature _____

Date _____

Youth Signature _____

Adult Signature _____

Date _____

Youth Signature _____

Adult Signature _____

Date _____

Youth Signature _____

Adult Signature _____

42. Attend the temple.

There is a very special spirit in the House of the Lord. One of the things that makes us as members of His church so special is that we have the Temple. Please attend it at least quarterly and make it a priority in your life.

Date _____

Youth Signature _____

Adult Signature _____

43. Research and bring 5 family names to the temple

Family history work is a joy to be a part of! As you become better acquainted with your ancestors please find 5 names and bring them to the temple and do as much of their work as you can.

Date _____

Youth Signature _____

Adult Signature _____

44. Memorize Articles of Faith and Sacrament Prayers

Within the Articles of Faith is laid out the foundation of our religion and what we as members of the Lord's Church truly believe. Knowing these will help you to answer any questions ever thrown your way. Be able to recite all 13 articles of faith from memory without stopping.

Along with that, as holders of the priesthood we should KNOW our sacrament prayers and even though we are sure to read them when blessing the sacrament we should have them memorized and truly understand the covenant that we are making when we partake of the Sacrament.

Both of these can be signed off by a parent or leader when accomplished.

Articles of Faith _____

Date Memorized _____

Youth Signature _____

Adult Signature _____

Sacrament Prayer Bread _____

Date Memorized _____

Youth Signature _____

Adult Signature _____

Sacrament Prayer Water _____

Date Memorized _____

Youth Signature _____

Adult Signature _____

45. Read and Teach your family about the Proclamation to the world and The Living Christ.

Within the church we have many key and core teachings. At the center of those is that we are children of God and He is our loving Heavenly Father. Christ is our King. He lived and died and was resurrected for us after having suffered for all of our sins.

To better understand these very key doctrines we ask that you study both the Proclamation to the Family and The Living Christ on two separate occasions and then teach your family about what you have learned.

Have discussions about the different sections and point out why this is important to you as you continue your journey through this mortal experience.

At the end bear your testimony with your family of what you know and what you have learned.

The Living Christ

Date: _____

Parent Signature: _____

The Proclamation to the Family

Date: _____

Parent Signature: _____

Capstone Service Project

Part of being a member of the church is being involved in doing good in our community and providing a service of substantial nature to our surrounding community. For this service project to count it must be significant in size and scope and must be approved by the bishopric before being completed. A good example for this to be modeled after would be what was formally known as an “Eagle Project”, where a young man would coordinate with a larger group to complete something that benefits the people around here. There should be an accounting of the hours committed to the planning, implementing, and presenting of this project. This should be youth driven and can be parent supported but the young man needs to be in charge of this project. Please include what was done, a list of hours committed, people that helped, and the population that benefits from this project.

Project Title: _____

Scope of Project: _____

Predicted Hours Required to accomplish: _____

Bishopric Approval _____

Parent Approval _____

Youth Commitment _____

Upon Completion:
Project Completion Date _____

Report returned to Bishopric _____

Parent Signature _____

Youth Signature _____