

## **Know Thyself**

I am a spirit child of Heavenly Father and I have infinite potential.

I have the potential to become as he is.

If I will bind myself to him through sacred priesthood covenants;

Through the power of Christ's Atonement,

He will help me to become a person more amazing than anything I can possibly dream of.

If I have faith in his plan for me,

I will find Peace and Joy beyond understanding.

If I trust in him, I will

Know Myself.