

# Conference Notes

A note taking sheet that allows you to organize your thoughts in useful and impactful ways while you take notes.

## Before Conference

- Read through this information and look at the example. It might even be helpful to read through (or watch) a talk from last conference and practice this way of taking notes.
- Print as many note sheets as you might need.

## During Conference

- Take notes in the left column. Move down to the next note “box” for each new idea or each new topic.
- While taking notes, or as soon as you can, complete the category and the label sections for each note.
  - CATEGORIES let you know what to do with the information. Making these distinctions will help you act on what you have heard and receive the blessings promise you. Sometimes one quote has concepts in more than one category.
    - To Avoid - warnings, cautions, things to avoid
    - To Do - commandments, suggestions, actions to take, new habits to create
    - To Understand - concepts to study further
    - To Receive - things we need, promised blessings to look for
  - LABELS clarify what you have learned so you can remember and apply it better. Naming the skill or attribute that is being discussed helps your brain connect this new information to past and future learning and experiences. The fewer the words of the label clearer the idea becomes. You may put more than one label, however, because the concepts are often related to more than one idea.

Example:

NOTES	CATEGORIES	LABELS
<p>Don't let celestial goals get side tracked by telestial distractions. (Quentin L. Cook, Oct 1996)</p>	<p><b>AVOID</b> - distractions  <b>DO</b> - keep eternal focus  <b>UNDERSTAND</b> - plan of salvation  <b>RECEIVE</b> - celestial blessings</p>	<p>Focus                      Priorities                      Eternal joy</p>
<p>If you find yourself worrying about what other people say about you, may I suggest this antidote: remember who you are. (Dieter F. Uchtdorf, Oct 2017)</p>	<p><b>AVOID</b> - worrying about what others think  <b>DO</b> - remember who I am  <b>UNDERSTAND</b> - who I am and my potential in God's plan  <b>RECEIVE</b> -</p>	<p>Divine identity                      Confidence                      Self worth</p>

## After Conference

- Review your notes.
  - Ponder what else could be added in each category or as labels.
  - Add to these areas as you re-watch and study the conference talks.
- Make an action plan.
  - Look at the labels you've assigned to each note. Think of which of those attributes or skills you need to develop or strengthen. (Or look at the “receive” category and think about which blessings you would like to receive more fully.) Look at the information in each of the categories and make plan. Decide what you need to do, how you can avoid what you need to avoid, how to go about studying to understand more fully the principles being taught, and determine what blessings to pray for and look for in your life.
  - Now is the time to add a “To Say” category. Come up with statements you can say to yourself to reinforce the truth you have learned. Repeating these statements daily will help keep yourself on track. Those statements can be used to combat any doubt or distractions that will probably come to mind. (Example of something To Say from the notes above: “I focus on eternity. I am a valuable child of God who loves me.)

# Conference Notes

Session:

NOTES	CATEGORY	LABEL
	AVOID - DO - UNDERSTAND - RECEIVE -	
	AVOID - DO - UNDERSTAND - RECEIVE -	
	AVOID - DO - UNDERSTAND - RECEIVE -	
	AVOID - DO - UNDERSTAND - RECEIVE -	
	AVOID - DO - UNDERSTAND - RECEIVE -	
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