

SEMINARY MISSION RULES

(The following to be done **each** day of the mission)

1. Arise by 5:30 a.m. each morning
2. Personal Prayer morning and night
3. Study the scripture 15 minutes each day
4. No swearing
5. Live the Word of Wisdom completely
6. No T.V., Radio, tapes, Movies
7. No Dating
8. No phone calls to members of the opposite sex
9. Keep at arms length from members of the opposite sex
10. Clean room and make bed each morning before leaving for school (or seminary)
11. Dress up each day:
Boys: slacks, shirt, tie
Girls: Dresses, skirt, blouses
12. Keep a daily Journal of your activities and feelings during your week
13. Bear testimony or discuss a Gospel principle with at least one person
14. Attend all of your church meetings

(The following are to be done **once** during the mission)

1. Iron two (2) shirts/blouses:

Parent's signature

2. Do a load of laundry:

Parent's signature

3. Cook – Prepare an entire meal for the family
Clean up afterwards.

Parent's signature

Keep and account of each day here

| Day | # of items completed |
|-------------------------------|----------------------|
| Monday | _____ |
| Tuesday | _____ |
| Wednesday | _____ |
| Thursday | _____ |
| Friday | _____ |
| Saturday | _____ |
| Sunday | _____ |
| Weekly tasks | # of times |
| Ironing | _____ |
| Laundry | _____ |
| Cooking | _____ |
| Extra assignments | # of times |
| Share a Book of Mormon | _____ |
| Invite friend to church | _____ |
| Give referral to Missionaries | _____ |