Flowers can bloom and thrive in a variety of circumstances—likewise, our lives are full of challenges and triumphs, easy times and hard ones, but we too can thrive even in difficult conditions. Make the most of your life experiences and enjoy the journey! Live an abundant life by putting your energy toward the things that are most important to you. Create your own wonderful life by maintaining your relationships with your friends and family and establishing traditions with your loved ones. Nurture yourself spiritually, mentally, and emotionally and allow time to develop your interests. Fill your heart with love, and serve those around you. As you balance all of life’s demands, bloom where you are planted, and experience the abundant life.

Maintain Your Relationships With Your Family and Friends

- Develop a newsletter, blog, or website; keep in touch with written correspondence, phone calls and emails
- Make and effort to spend time together
- Study your family history

“The family is the most important unit in time and in eternity and, as such, transcends every other interest in life” —Howard W. Hunter, Ensign, Nov. 1994, 50

“ Cultivate good friends. They’re so valuable. Remember the Savior valued his friends so highly he would lay down his life for them. He said, “Ye are my friends, if ye do whatsoever I command you” (see John 15:14). Friendship is an extremely important part of your life.” —Malcolm S. Jeppsen, “Who’s Your Friend?,” New Era, Oct 1993, 46
**Establish Traditions With Your Loved Ones**
- Can be based on holidays or other special events
- What things do you love to do together?

“The practice of having traditions to keep us close to the great heritage which is ours to enjoy should be something every family should try to keep alive.

“If we will build righteous traditions in our families, the light of the gospel can grow ever brighter in the lives of our children from generation to generation. We can look forward to that glorious day when we will all be united together as eternal family units to reap the everlasting joy promised by our Eternal Father for His righteous children.

“Our family activities and traditions can be a beacon to the rest of the world as an example of how we should live to merit His choice blessings and live in peace and harmony until the day that He returns to rule and reign over us.”—L. Tom Perry, “Family Traditions,” *Ensign*, May 1990, 19

“...traditions help establish our sense of identity and fill the vital human need to belong”. Donald L. Hallstrom, “Cultivate Righteous Traditions,” *Ensign*, Nov 2000, 27

**Nurture Yourself**
- Spiritual Growth and development
- Take care of your physical needs—Get moving, eat right, and pay attention to grooming
- Emotional Well-Being—surround yourself with people that are uplifting and make you feel good

“The abundant life is a spiritual life. Too many sit at the banquet table of the gospel of Jesus Christ and merely nibble at the feast placed before them. Do you wish to partake of this living water and experience that divine well springing up within you to everlasting life? Then be not afraid. Believe with all your hearts. Develop an unshakable faith in the Son of God. Let your hearts reach out in earnest prayer. Fill your minds with knowledge of Him. Forsake your weaknesses. Walk in holiness and harmony with the commandments. Drink deeply of the living waters of the gospel of Jesus Christ.”—Joseph B. Wirthlin, “The Abundant Life,” *Ensign*, May 2006, 99–102

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Serve With Love

- Get Involved! Service opportunities are all around—don’t wait for a formal invitation to serve! Look for opportunities to serve in your community, in your family, with your friends, and at church.

“Those who live abundant lives...fill their hearts with love. We are happiest when our lives are connected to others through unselfish love and service”—Joseph B. Wirthlin, “The Abundant Life,” Ensign, May 2006, 99-102

“The Lord’s Storehouse—where ‘there is enough and to spare’—is [symbolically] what the Lord has placed in each of us (D&C 4:17). It is one woman making a difference for another. It is one sister offering to listen or talk with a sister who may be lonely. It is a sister developing a close friendship with the sister she visit teaches. It is you and me with our strengths, our skills, and our talents blessing the life of another”—Bonnie D. Parkin, Relief Society General President (“Welfare, the Crowning Principle of a Christian Life,” BYU Women’s Conference, May 1, 2003, 3).

Develop Your Interests

- Try something new or return to former hobbies
- Take a class or teach a class
- Read a “how-to” book or watch a program

“And so the opportunities for the abundant life increase as we pursue the quest for truth and knowledge.”—James E. Faust, “The Abundant Life,” Ensign, Nov 1985, 7

“How is the abundant life to be obtained? The abundant life involves an endless search for knowledge, light, and truth.”—James E. Faust, “Finding the Abundant Life,” Ensign, Jul 2000, 2

“Those who live abundant lives, with the help of their Heavenly Father, create a masterpiece of their lives. No matter our age, circumstances, or abilities, each one of us can create something remarkable of his life.”—Joseph B. Wirthlin, “The Abundant Life,” Ensign, May 2006, 99-102
Look to the Son for Strength

• Just as the sun allows plants to thrive and grow, we can be strengthened by the Son of God so that we can thrive, grow, and experience the abundant life.

“The enabling and strengthening aspect of the Atonement helps us to see and to do and to become good in ways that we could never recognize or accomplish with our limited mortal capacity. I testify and witness that the enabling power of the Savior’s Atonement is real. Truly, brothers and sisters, in the strength of the Lord we can do and endure and overcome all things. In the strength of the Lord and through His grace, I know that you and I can be blessed to accomplish all things.—David A. Bednar, “In the Strength of the Lord,” Ensign, Nov 2004, 76

“Sisters, strengthen yourselves by seeking the source of true strength—the Savior. Come unto him. He loves you. He desires your happiness and exults in your desires for righteousness. Make him your strength, your daily companion, your rod and your staff. Let him comfort you. There is no burden we need bear alone. His grace compensates for our deficiencies... Your strength will flow back from them to you when you need it.”—Chieko N. Okazaki, “Strength in the Savior,” Ensign, Nov 1993, 94

If the Lord is to help us gain strength during our struggles, we must do the things He has counseled us to do. This involves turning to Him and applying certain principles of the gospel. Trust in Him... Follow His counsel... Ponder His promises... Take responsibility for our choices... Cultivate faith... Develop righteous desires... Deepen our commitment... Fast and pray... Remember priesthood blessings... Ponder our patriarchal blessings.—L. Lionel Kendrick, “Strength During Struggles,” Ensign, Oct 2001, 24


The Lord is my light; then why should I fear? By day and by night his presence is near. He is my salvation from sorrow and sin; This blessed assurance the Spirit doth bring. The Lord is my light; tho clouds may arise, Faith, stronger than sight, looks up thru the skies Where Jesus forever in glory doth reign. Then how can I ever in darkness remain? The Lord is my light; the Lord is my strength. I know in his might I'll conquer at length. My weakness in mercy he covers with pow'r, And, walking by faith, I am blest ev'ry hour. The Lord is my light, my all and in all. There is in his sight no darkness at all. He is my Redeemer, my Savior, and King. With Saints and with angels his praises I'll sing.

The Lord is my light; He is my joy and my song. By day and by night he leads, He leads me along.
Weed Out Your Obstacles

• Weeds can overtake healthy plants if they are left alone—what are the “weeds” in your life? What is preventing you from living the abundant life?

• How can you overcome those obstacles?

• Be selective in your activities

“Talents, gifts of expression, and precious time are exhausted in swimming against too many tides. There are times when each of us has to have some gumption to take a stand as to what we wish to preserve or change … We need to take our great stands in life on moral issues and not kick against insignificant matters, appearing to be eccentric or unbalanced or immature. We lose much credibility and strength, and we risk being weighed on an uneven balance, when, Don Quixote-like, we go around ‘tilting windmills.’”—James E. Faust, “The Need for Balance in Our Lives,” Ensign, Mar 2000, 2

“I have a few suggestions that I hope will be valuable to those of you concerned with balancing life’s demands. These suggestions are very basic; their concepts can easily be overlooked if you are not careful. You will need a strong commitment and personal discipline to incorporate them into your life… First, think about your life and set your priorities. Find some quiet time regularly to think deeply about where you are going and what you will need to do to get there… Second, set short-term goals that you can reach. Set goals that are well balanced—not too many nor too few, and not too high nor too low. Write down your attainable goals and work on them according to their importance. Pray for divine guidance in your goal setting… Third, everyone faces financial challenges in life. Through wise budgeting, control your real needs and measure them carefully against your many wants in life. Brothers and sisters, remember to always pay a full tithing… Fourth, stay close to your spouse, children, relatives, and friends. They will help you keep a balance in your life… Fifth, study the scriptures. They offer one of the best sources we have to keep in touch with the Spirit of the Lord… Sixth, many people, including me, have difficulty finding the time for sufficient rest, exercise, and relaxation. We must schedule time on our daily calendars for these activities if we are to enjoy a healthy and balanced life. Good physical appearance enhances our dignity and self-respect… Seventh, the prophets have taught repeatedly that families should teach one another the gospel, preferably in a weekly family home evening… My last suggestion is to pray often as individuals and as families.—M. Russell Ballard, “Keeping Life’s Demands in Balance,” Ensign, May 1987, 13"
Bloom Where You’re Planted

Quotes to Grow By

“The abundant life is within our reach if only we will drink deeply of living water, fill our hearts with love, and create of our lives a masterpiece.”

“Not what we have but what we enjoy constitutes our abundance.”
John Petit-Senn

“The abundant life isn’t something we arrive at. Rather, it is a magnificent journey that began long, long ages ago and will never, never end. Our search for the abundant life is cloaked not only in the robes of this mortal clay; its true end can only be comprehended from the perspective of the eternities that stretch infinitely before us. Brothers and sisters, it is in the quest of the abundant life that we find our destiny.”

“The abundant life, of course, has little to do with the acquisition of material things…”

“To measure the goodness of life by its delights and pleasures and safety is to apply a false standard. The abundant life does not consist of a glut of luxury. It does not make itself content with commercially produced pleasure, the nightclub idea of what is a good time, mistaking it for joy and happiness. On the contrary, obedience to law, respect for others, mastery of self, joy in service—these constitute the abundant life.”—Thomas S. Monson, “In Quest of the Abundant Life,” Ensign, Mar 1988, 2

“The abundant life does not come to us packaged and ready-made. It’s not something we can order and expect to find delivered with the afternoon mail. It does not come without hardship or sorrow. It comes through faith, hope, and charity. And it comes to those, who, in spite of hardship and sorrow, understand the words of one writer who said, “In the depth of winter, I finally learned that within me there lay an invincible summer.”—Joseph B. Wirthlin, “The Abundant Life,” Ensign, May 2006, 99-102 * Albert Camus, in John Bartlett, comp., Familiar Quotations, 6th ed. (1980), 732

“Since this is the day of the ready reference, the condensed version, the handy guide, may I offer brief suggestions—even steps—for your pathway to the abundant life: Step 1 Labor to learn. Step 2 Strive to serve. 3. Think to thank. 4. Pause to pray.”—Thomas S. Monson, “Success Steps to the Abundant Life,” New Era, May 1971, 2