

Sisterly Advice – Topic Options

(Choose from the topics below those that will impact the most women who will be there or those options that most closely fit the theme of your event.)

1. How we dress can invite femininity
2. Reframing our perspective to reduce stress by “Turning it Around”.
3. Establishing a Hope Chest to keep us thinking about our future feminine roles
4. We always use things for what they are intended, don't we?
5. Making room for one more
6. Have a preparedness plan and practice it
7. Create lists of essentials and footprints to make things easier on your posterity when you die
8. Don't be afraid to stand up for what you believe
9. Follow your dreams – even when they change
10. Honor your family's good name through all you do in life
11. Use licorice root for PMS and Wild Yam cream for Menopause
12. Find personal fulfillment through using your talents after the children are raised
13. Be not afraid to face the hard things in life
14. Don't be intimidated by those who have more education than you
15. Stay positive no matter what life throws you
16. Find joy through being in the service of others
17. Look at your family's history in order to understand yourself
18. Realize that Heavenly Mother is aware of and concerned about you
19. There is a Cinderella story in each of us
20. Take time to learn to be a good parent
21. Foster and use your spiritual gifts
22. Don't be afraid to leave your grandchildren to serve a mission (or two!)
23. Figure out what your body needs nutritionally and to supply it
24. Immerse yourself in family history so that you will have the help of your ancestors who are beyond the veil
25. Trust that the Lord will provide
26. Have faith that the Lord will work it all out
27. Find fulfillment in your roles as a woman
28. Keep your marriage a priority especially when you have lots of children
29. Don't be afraid to make a difference in the world
30. Be an advocate for your children
31. Be of service to extended family, even when it's hard
32. Make home lovely by remodeling and refurbishing
33. When you try to fix things for people, you're stepping in between them and the Savior
34. When the trials last long, there must be more you need to learn
35. The war in heaven is continuing – don't put down your shield and sword!
36. Sometimes you have to know the past to understand the present
37. Don't just prepare for your family – there may be more coming!
38. If you treat your step-children as your own, there will be greater love at home.