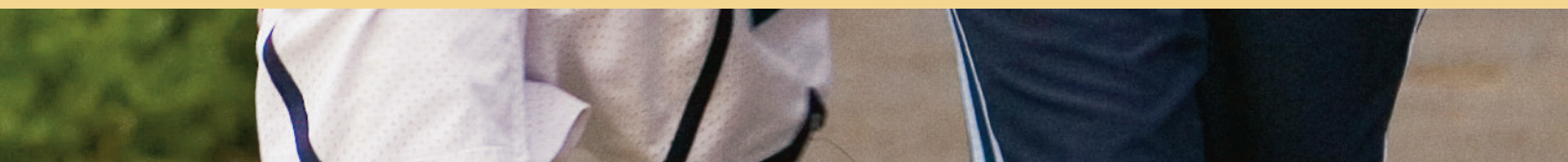




My Path to Self-Reliance



Dear Brothers and Sisters:

The Lord has declared, “It is my purpose to provide for my saints” (D&C 104:15). This revelation is a promise from the Lord that He will provide temporal blessings and open the door of self-reliance, which is the ability for us to provide the necessities of life for ourselves and our family members.

This booklet has been prepared to help members of the Church learn and put into practice principles of faith, education, hard work, and trust in the Lord. Accepting and living these principles will better enable you to receive the temporal blessings promised by the Lord.

We invite you to diligently study and apply these principles and teach them to your family members. As you do so, your life will be blessed. You will learn how to act on your path toward greater self-reliance. You will be blessed with greater hope, peace, and progress.

Please be assured that you are a child of our Father in Heaven. He loves you and will never forsake you. He knows you and is ready to extend to you the spiritual and temporal blessings of self-reliance.

Sincerely,
The First Presidency

GETTING STARTED

Begin with a prayer (and hymn, if desired) and opening remarks from the presiding authority or self-reliance specialist.

WHY SHOULD I BE SELF-RELIANT?

Read: Read the letter from the First Presidency (on page 2)

Discuss: What are the promises in this message? What do you need to do to qualify for these promises?

Ponder: Why does Heavenly Father want me to become self-reliant? When we become self-reliant, how are we becoming like Him?

Read: Read Doctrine and Covenants 29:34 (on the right).

Discuss: What do you learn from Doctrine and Covenants 29:34 about going to school, getting a job, or starting a business? Why is it so important to understand this truth?

“All things unto me are spiritual, and not at any time have I given unto you a law which was temporal.”

**DOCTRINE AND
COVENANTS 29:34**

CAN CHRIST HELP ME BECOME SELF-RELIANT?

Ponder: Take a couple of minutes to quietly ponder the following: What does it mean that Christ “is mighty to save” (2 Nephi 31:19) as it relates to lack of work, debt, addictions, sickness, or any other temporal challenge that keeps you from being self-reliant?

Read: The Savior has the power to help us become self-reliant. As we exercise faith in him, he can do miracles. He can make more out of our efforts than we could ourselves. Our participation in this meeting is our first step towards greater self-reliance.

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HOW SELF-RELIANT AM I?

Practice: How self-reliant are you and your family today? Take 20 minutes to do the following steps (an example is provided to show how the three steps relate to each other). Be honest with yourself. Ask for help if you need. If needed, you can move to a more private location to complete this exercise. You will repeat this exercise later in two of your self-reliance group meetings.

STEP 1	
HOW MUCH DO YOU SPEND?	
About how much do you spend monthly on each item below?	
<i>Example: Food</i>	1000
Tithing, Offerings	
Savings	
Food	
Housing	
Water	
Medical expenses	
Transportation	
Educational expenses	
Debt payments	
Clothing	
Electricity	
Phone	
Other	
Total Monthly Expenses	
Current Monthly Income	

You may not know all of your current expenses. Discuss these with your spouse. Track your expenses on the back cover for four weeks. You will use this information in two of your group meetings.

STEP 2
HOW SELF-RELIANT ARE YOU AND YOUR FAMILY TODAY?
Mark "x" to show where you are now.
<i>Example: We provide our family three meals a day</i>
We pay our tithes and offerings
We spend less than we earn, we save money
We provide our family three meals a day
We are protected and safe in our home
We provide clean water to drink and wash
We can get medical care when we need it
We have fuel, transportation
We have enough to give our children an education
We are free of debt
We have clean, modest clothes
I feel and follow the promptings of the Holy Ghost
We pray and study the scriptures daily
We partake of the sacrament weekly
We are worthy of a temple recommend
We sacrifice to serve others

Self-reliance is the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family (Handbook 2:6.1.1). A self-reliant life is built upon life skills and habits that are temporal and spiritual.

	Never	Sometimes	Often	Always
		X		

STEP 3

HOW MUCH DO YOU NEED TO BE SELF-RELIANT?

How much would you need to spend each month to answer "Often" or "Always".

Example: Food	2000
Tithing, Offerings	
Savings	
Food	
Housing	
Water	
Medical expenses	
Transportation	
Educational expenses	
Debt payments	
Clothing	
Electricity	
Phone	
Other:	
Total self-reliance expenses	
Income I need to be self-reliant	_____

Ponder what it would be like if you could answer "often" or "always." As you track your current expenses, try to learn more about what it will cost to answer "always" as you become self-reliant.

Someone may contact you later at home to help you with any questions you may have with this exercise.

WHAT SKILLS DO I HAVE?

- Practice:** Write your self-reliant income (from the previous page) in the box to the right. Take a minute to think about the skills you would need to earn that self-reliant income.
- Read:** Some people are good at sales. Some people are good at making things. Some prefer to work alone. Some are good at working with others. We should try to find work we are good at and that we enjoy.
- Practice:** What are you good at? What experiences and strengths has the Lord given you to help you learn and grow? Look at the lists below. Circle all that apply to you. Add more of your experiences and strengths to the blank spaces.

My self-reliant income:

EXPERIENCES <i>(circle what you have done)</i>		STRENGTHS <i>(circle all your strengths)</i>		
Church leader	Computers	Honest	Physically Strong	Good teacher
Missionary	Construction	Hardworking	Intelligent	Sales skills
Parent/youth leader	Farming/gardening	English speaker	Patient	Mechanical skills
Community service	Food preparation	Good listener	Dependable	Construction skills
Sales	Clothing/crafts	Kind to others	Creative	Cleaning skills
Maintenance/repair	Health care	Good character	Fast learner	Communication skills
Transportation	Teacher	Team builder	Planner	Problem solver
Education/certificate		Good writer	Good communicator	

For all have not every gift given unto them; for there are many gifts, and to every man is given a gift by the Spirit of God. To some is given one, and to some is given another, that all may be profited thereby.

DOCTRINE AND COVENANTS 46:11-12

- Practice:** What strengths do others see in you? Divide into groups of three people. Move your chairs and turn to face each other.
1. One of you tell the others about an accomplishment. You could say: "I was given the 'best service' award at work," or "I served a mission" (or other Church calling), or "I am a mother."

- 2. Now, as fast as they can, the other two should tell you what skills and abilities were needed to achieve that accomplishment. They should take 1 minute. If you said, "I served a mission," the others could quickly say:
 "Then you are courageous, a hard worker, a leader, a goal-setter, good with people, a teacher, a good planner, and able to do hard things."
- 3. Repeat this for each person.

Discuss: What did you feel as others talked about your talents and skills?

Read: The Lord knows us better than we know ourselves. We can know more about our strengths and gifts by going to the Lord in prayer. We can read our patriarchal blessings. Take one minute to think about the strengths the Lord has given you.

Practice: Now, from the strengths and experiences you circled, those that other people see in you, and the strengths the Lord has given you, choose your top three strengths or experiences. Write them below.

For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?

LUKE 14:28

MY TOP STRENGTHS

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.....

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Show another person what you wrote. Tell them about the things you are good at doing.

WHAT WORK COULD GIVE ME THE INCOME I NEED?

Read: Some jobs pay more than others. Some types of self-employment are more profitable than others.

Practice: Write your self-reliant income (from page 5) in the box to the right.

Look at the Preferred Jobs or Preferred Self-employment Opportunities Lists (your self-reliance specialist should provide these lists).

My self-reliant income:

.....

No Preferred Lists? With a group of five people you don't know (if possible), discuss the best paying work, the work most in demand, and the work with the best future. Here are a few ideas. These may or may not be good jobs or self-employment opportunities in your area.

JOBS		SELF-EMPLOYMENT	
<i>Hotel Maintenance</i>	<i>Computer Repair</i>	<i>Food Sales</i>	<i>Bicycle Repair</i>
<i>Cleaning</i>	<i>Street Vending</i>	<i>Auto-cleaning</i>	<i>Street Vending</i>
<i>Auto Repair</i>	<i>Construction</i>	<i>Plumbing</i>	<i>Construction</i>
<i>Medical Supplies</i>	<i>Transportation</i>	<i>Hair Care</i>	<i>Transportation</i>
<i>Product Sales</i>	<i>Nursing</i>	<i>Clothing Sales</i>	<i>Entertainment</i>
<i>Manufacturing</i>	<i>Computer</i>	<i>Home Supplies</i>	<i>Computer</i>
<i>Customer Service</i>	<i>Networking</i>	<i>Brick-making</i>	<i>Networking</i>
<i>Accounting</i>	<i>Education</i>	<i>Book keeping</i>	<i>School/Tutoring</i>
<i>Other:</i>		<i>Other:</i>	

List two or three options from the Preferred Lists (or lists you created) that could provide your self-reliant income. Choose jobs or self-employment opportunities that match your strengths and experiences.

MY TOP WORK OPTIONS

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You may not be qualified for a Preferred Job that you want or to start a Preferred Self-employment Opportunity. Look at the Preferred Schools and Programs list. List two or three options for training or schools that would help you qualify to do the work you want. (No Preferred Schools and Programs Lists? Get with five people and discuss the schools and training in your area).

MY EDUCATION OPTIONS

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.....

WHAT IS MY PATH TO SELF-RELIANCE?

Practice: The next step is to learn more about the jobs, self-employment opportunities, or education programs you are interested in. With the same group of five people, discuss the following: Do you or anyone in the group know anybody that does the work you are interested in? Write their names below.

Think of some questions you would like to ask these people. They could be questions such as:

- How did you decide to go into this type of work?
- What are the best parts and worst parts of your work?
- What kind of training or education is required to get started in this work?
- What is the best way for me to find out what it is really like to do this work?

This week, talk to at least three people to learn more about the work you are interested in.

You may not find answers to all your questions immediately, but you can have the guidance of the Spirit and the support of your spouse, family members, and members of your self-reliance group to help you move forward and become self-reliant. You can pray about your questions as you go through the week.

Practice: Read the scripture to the right. Take five minutes by yourself to quietly ponder about your path to self-reliance. Write any impressions you have below.

What do you think you should do this week to help you become more self-reliant? Make a commitment to do this. Write your “self-reliant commitment” below.

“Ask, and it shall be given unto you; seek, and ye shall find; knock, and it shall be opened unto you.”

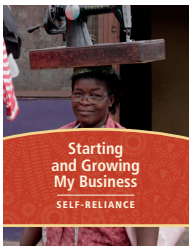
3 NEPHI 14:7

WHICH SELF-RELIANCE GROUP SHOULD I JOIN?

Practice: The next step is to select the group that will help you become self-reliant. Read the self-reliance group descriptions below. Circle the group you are interested in joining.

Now, everyone stand and move to the group you have chosen. (There may be multiple groups of each kind. Your self-reliance specialist will guide you.)

Discuss the days, times, and locations of the group meetings. Write them below. Each group meets for 12 meetings that last about two hours each time.



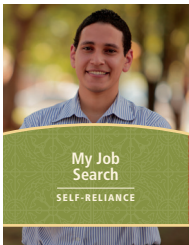
Starting and Growing My Business

Helps group members create or improve a functioning business. Teaches key business principles for self-employment like record keeping, marketing, and cash management.

Date:

Time:

Location:



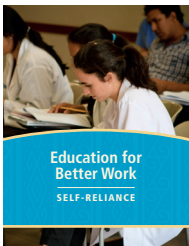
My Job Search

Teaches group members to identify Preferred Job opportunities, network, present themselves powerfully, prepare for interview questions, and excel on the job.

Date:

Time:

Location:



Education for Better Work

Teaches group members how to identify a Preferred Job or skills that will help them become self-reliant. It helps them find the Preferred School or Training Program (including Pathway) that leads to that job. It also prepares them for a Perpetual Education Fund (PEF) loan, if appropriate.

Date:

Time:

Location:

"...seek ye diligently and teach one another words of wisdom ... seek learning, even by study and also by faith."

D&C 88:118-119

WHAT SHOULD I DO NOW?

Read: The Lord will bless us and we will become self-reliant as we keep commitments.

Read each commitment below aloud to someone sitting next to you. Promise to keep your commitments! Sign below.

MY COMMITMENTS

I will discuss my family's current level of self-reliance and our self-reliant income with my spouse or other family members (see pages 4–5).

I will track my expenses for the next four weeks (on back cover).

I will keep my "self-reliance commitment." (Copy it from page 9.)

I will talk to three people about the work I am considering.

I will join the self-reliance group that starts meeting on this date: _____ at this location: _____.

My signature

Telling someone else about our commitments makes it easier for us to keep our commitments.

Practice: Write the name of the person you will tell about your commitments. This could be your spouse, a family member, someone in this meeting, or a friend.

Name

As I keep my commitments, I will tell the person I chose.

Practice: You will use the following pages later in your self-reliance group. Remember to bring this booklet with you to each group meeting. End with closing remarks from the presiding authority or a self-reliance specialist and then with a prayer (and hymn, if desired).

"...I would desire that ye should consider on the blessed and happy state of those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual..."

MOSIAH 2:41

My self-reliant income:

HOW SELF-RELIANT AM I?

Practice: How self-reliant are you and your family today? Take 20 minutes to do the following steps (an example is provided to show how the three steps relate to each other). Be honest with yourself. Ask for help if you need. If needed, you can move to a more private location to complete this exercise. You will repeat this exercise later in two of your self-reliance group meetings.

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Water	
Medical expenses	
Transportation	
Educational expenses	
Debt payments	
Clothing	
Electricity	
Phone	
Other	
Total Monthly Expenses	
Current Monthly Income	

You may not know all of your current expenses. Discuss these with your spouse. Track your expenses on the back cover for four weeks. You will use this information in two of your group meetings.

STEP 2
HOW SELF-RELIANT ARE YOU AND YOUR FAMILY TODAY?
Mark "x" to show where you are now.
<i>Example: We provide our family three meals a day</i>
We pay our tithes and offerings
We spend less than we earn, we save money
We provide our family three meals a day
We are protected and safe in our home
We provide clean water to drink and wash
We can get medical care when we need it
We have fuel, transportation
We have enough to give our children an education
We are free of debt
We have clean, modest clothes
I feel and follow the promptings of the Holy Ghost
We pray and study the scriptures daily
We partake of the sacrament weekly
We are worthy of a temple recommend
We sacrifice to serve others

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Electricity	
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Other	
Total Monthly Expenses	
Current Monthly Income	

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Self-reliance is the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family (Handbook 2:6.1.1). A self-reliant life is built upon life skills and habits that are temporal and spiritual.

	Never	Sometimes	Often	Always
		X		

STEP 3

HOW MUCH DO YOU NEED TO BE SELF-RELIANT?

How much would you need to spend each month to answer "Often" or "Always".

<i>Example: Food</i>	<i>2000</i>
▶ Tithing, Offerings	
▶ Savings	
▶ Food	
▶ Housing	
▶ Water	
▶ Medical expenses	
▶ Transportation	
▶ Educational expenses	
▶ Debt payments	
▶ Clothing	
▶ Electricity	
▶ Phone	
▶ Other:	
Total self-reliance expenses	
Income I need to be self-reliant	_____

Ponder what it would be like if you could answer "often" or "always." As you track your current expenses, try to learn more about what it will cost to answer "always" as you become self-reliant.

You will use this information in two of your group meetings. Remember to bring this booklet with you to your group meetings.

HOW MUCH DO YOU SPEND WEEKLY?

Track how much you spend each week.

	Week 1	Week 2	Week 3	Week 4
Income				
Tithing, Offerings				
Savings				
Food				
Housing				
Water				
Medical expenses				
Transportation				
Educational expenses				
Debt payments				
Clothing				
Electricity				
Phone				
Other				
Total Expenses				

THE CHURCH OF
JESUS CHRIST
 OF LATTER-DAY SAINTS



SELF-RELIANCE SERVICES
 EMPLOYMENT • EDUCATION • SELF-EMPLOYMENT

