

# My Foundation: Principles, Skills, Habits

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**SELF-RELIANCE**

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# MY FOUNDATION

Learn and live these principles, skills, and habits. They lead to spiritual and temporal self-reliance.

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*"Self-reliance is a product of our work. ... Our forward progress in this great work is dependent upon a deeper understanding and a more thorough application of divinely revealed welfare principles."*

**THOMAS S. MONSON,**  
**"Guiding Principles of Personal and Family Welfare,"**  
*Ensign, Sept. 1986, 3–5*

# INTRODUCTION

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, *My Foundation*, 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

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

**Read:** With the group, read the letter from the First Presidency (on page 2) and President Monson's statement (on the right).

**Discuss:** What are the promises in these messages? What is your duty?

**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?

**Read:** *My Foundation* is an important part of self-reliance group meetings. Group members who attend meetings and keep their commitments will be eligible to receive a certificate from LDS Business College. Turn to page 29 to review the requirements for receiving a certificate.



In principle 12 of *My Foundation*, we will talk about the importance of temple ordinances as they relate to self-reliance. With our families, we may prepare now for that lesson. Let's begin our family history by using the booklet *My Family: Stories That Bring Us Together*. We will strengthen all aspects of our lives as we honor our covenants and help bring blessings to our ancestors.

*"Self-reliance is . . . an essential element in our spiritual as well as our temporal well-being. . . . 'Salvation can be obtained on no other principle.'"*

**THOMAS S. MONSON,**  
**"Guiding Principles of Personal and Family Welfare,"**  
*Ensign*, Sept. 1986, 3

*"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**



## Facilitator Tip

*Trust the materials.  
Follow the outline.  
Manage time effectively.*

# 7 EXERCISE FAITH IN JESUS CHRIST

## EXERCISE FAITH IN JESUS CHRIST

- Ponder:** How will my faith in Jesus Christ affect my self-reliance?
- Watch:** “Exercise Faith in Jesus Christ” (available at srs.lds.org. If you do not have access to the video, read the script on the next page.)
- Discuss:** What can you do to exercise faith in Jesus Christ that would help you be more self-reliant?
- Read:** Read Doctrine and Covenants 104:15 (on the right).
- Practice:** Choose one statement below and read it to yourself. Think about how the scripture applies to you as you seek self-reliance. Share your thoughts with the group.

*“And it is my purpose to provide for my saints.”*

**DOCTRINE AND COVENANTS 104:15**

### SCRIPTURES ABOUT FAITH IN ACTION

Because Daniel would not stop praying, he was thrown into a den of lions, but “God . . . sent his angel, and . . . shut the lions’ mouths, . . . and no manner of hurt was found upon him, because he believed in his God.” **Daniel 6:22–23** (See also verses 16–21)

“All things are possible to him that believeth. . . . He was as one dead. . . . But Jesus took him by the hand, and lifted him up; and he arose.” **Mark 9:23, 26–27** (See also verses 17–22, 24–25)

“Cry over the flocks of your fields, that they may increase.” **Alma 34:25**

The Lord gave Lehi the Liahona to guide his family, and “it did work for them according to their faith in God. . . . [When] they were slothful, and forgot to exercise their faith and diligence . . . they did not progress in their journey.” **Alma 37:40–41**

“Bring ye all the tithes into the storehouse . . . and prove me now herewith . . . if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.” **Malachi 3:10**

During a famine, Elijah asked a widow to give him her last meal. Elijah promised that because of her faith the Lord would provide food to her, and her food never ran out. **See 1 Kings 17**

“And he . . . fed thee with manna [for 40 years] . . . that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the Lord.” **Deuteronomy 8:3**

**Practice:** Write two specific ways you can exercise faith in Jesus Christ:

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**Commit:** During the week, ponder the rest of the statements and scriptures above, and commit to doing the following actions. Check the boxes when you complete each task:

- Practice exercising faith in Jesus Christ every day.
- Teach this principle to your family.

## EXERCISE FAITH IN JESUS CHRIST

If you are unable to watch the video, read this script instead.



**ELDER BEDNAR:** Taking action is the exercise of faith. The children of Israel are carrying the ark of the covenant. They come to the River Jordan. The promise is they will cross over on dry land. When does the water part? When their feet are wet. They walk into the river—act. Power follows—the water parts.

*We oftentimes believe, “Okay, I’m going to have this perfect understanding, and then I’m going to transform that into what I do.” I would suggest that we have enough to get started. We have a sense of the right direction. Faith is a principle—the principle—of action and of power. True faith is focused in and on the Lord Jesus Christ and always leads to action.*

*(David A. Bednar, “What Must I Do?” [Leadership Pattern video, 2014]; David A. Bednar, “Seek Learning by Faith” [address to Church Educational System religious educators, Feb. 3, 2006], [lds.org/media-library](http://lds.org/media-library))*

*“In the fourteenth chapter of Exodus the children of Israel [cursed] Moses for taking them—seemingly illogically—to the Red Sea [because there was no escape]. As they faced the Red Sea, with the Pharaoh’s armies at their heels, they could not expect . . . to see a narrow path created such as had never been created before. But it happened!”*

**NEAL A. MAXWELL,** “On the Straight and Narrow Way,” *New Era*, Aug. 1971, 42

# 2 USE TIME WISELY

## USE TIME WISELY

**Ponder:** Why is time one of God’s greatest gifts?

**Watch:** “The Gift of Time” (No video? Read the next page.)

**Discuss:** What did you learn from Sister Benkosi?

**Practice:** Here are five steps you can take each day to use your time well. Read each one. Did Sister Benkosi do these things?

1

### List Tasks

Each morning, make a list of tasks to do. Add names of people to serve.

2

### Pray

Pray for guidance. Listen. Commit to do your best.

3

### Set Priorities

Number your top priorities. Put a “1” by the most important task, put a “2” by the next one, and so on.

4

### Set Goals, Act

Listen to the Spirit. Set goals. Work hard. Start with the most important task and work down the list.

5

### Report

Each night, report to Heavenly Father in prayer. Ask questions. Listen. Feel His love. Repent.

**Get started now.** Write in this workbook or on a separate piece of paper. Do step 1: List your tasks for tomorrow. These should be important tasks for your work, for your studies, or for church or family service—not just daily chores.

Do steps 2 and 3.

Tomorrow, do steps 4 and 5.

**Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice these steps every day to use your time more wisely.
- Teach this principle to your family.
- Continue to practice the previous foundation principle.

*“For behold, this life is the time for men to prepare to meet God; yea, behold the day of this life is the day for men to perform their labors.”*

**ALMA 34:32**

### Facilitator Tip

*When group members have questions, help them find answers for themselves.*



## THE GIFT OF TIME

If you are unable to watch the video, choose roles and read this script.

**KOFI:** Hello, Sister Benkosi. How are you?

**SISTER BENKOSI:** Are you okay, Kofi?

**KOFI:** Oh, Sister Benkosi. I'm so busy. I have to work and serve and help my family ... and then my football, too. I have no time!

**SISTER B.:** Kofi, you have all the time there is.

**KOFI:** What?

**SISTER B.:** My boy, God has given us a great gift—our time. We must do with it what matters most.

**KOFI:** But how, Sister Benkosi? You have always done so much. You have succeeded with your family, with your business. You have served and blessed many, like me. I don't know how you do it.

**SISTER B.:** Do you really want to know? If you will sit still and listen, I will tell you my secret.

Every morning I rise before the sun. I dress and wash my face and hands.

I read the scriptures. Then I make a list of what I should do that day.

I think of who I might serve. I pray to know God's will. And I listen.

Sometimes the names or faces of people come to mind. I add them to my list.

**KOFI:** Is that how you always know just who needs your service?

**SISTER B.:** Yes, Kofi. And I pray for strength and wisdom. I pray that God will "consecrate [my] performance." It says that in 2 Nephi 32.

I thank Him. I promise to do my best. I ask that He will do what I cannot.

Then I look at my list. I put a "1" by the most important thing, then a "2."

**KOFI:** How do you know the priorities?

**SISTER B.:** I listen when I pray! Then I go to work. I look at number 1 and try to do it first, then number 2.

Sometimes things change. The Holy Ghost tells me to do something else. That is good.

I work very hard, but I have peace. I know God will help me.

So, with my list and the Spirit, I do what matters, Kofi.

**KOFI:** That sounds simple and hard at the same time.

**SISTER B.:** You are right! When I finally prepare for bed, I pray. I report to Heavenly Father. I tell Him how the day went. I ask questions. I ask what I can do better. I listen. I often feel His love. I know He magnifies what I try to do. Then I have peace, Kofi, and I sleep.

**KOFI:** That is good, Mamma Benkosi. I want this peace. I want to use my time. I want to work and serve better.

**SISTER B.:** You will give up things that do not matter, Kofi. You will use your time to do what does matter. And God will be with you if your heart is right.

**KOFI:** Thank you.

**SISTER B.:** Now go, dear boy. You have much to do!

*"Time is all the capital stock there is on the earth. . . . If properly used, it brings that which will add to your comfort, convenience, and satisfaction. Let us consider this, and no longer sit with hands folded, wasting time."*

**BRIGHAM YOUNG, in Discourses of Brigham Young, sel. John A. Widtsoe (1954), 214**

# 3 BE OBEDIENT

## BE OBEDIENT

**Ponder:** What laws must I obey to become more self-reliant?

**Watch:** “Obedience Brings Blessings” (No video? Read the next page.)

**Discuss:** Obedience to God’s laws and principles leads to spiritual and temporal blessings. What experiences have you had to prove this?

**Read:** Doctrine and Covenants 130:20–21; statement by Joseph Smith (on the right)

**Practice:** Look at the table below. Notice how obedience to specific laws leads to specific blessings. Some examples are provided.

Now, take a few minutes to:

1. Write down specific blessings you desire in your job search, self-employment, or education. Use the right column.
2. Use the left column to list the laws you can obey to receive those blessings.

*“There is a law . . . upon which all blessings are predicated— And when we obtain any blessing from God, it is by obedience to that law upon which it is predicated.”*

**DOCTRINE AND COVENANTS, 130:20–21**

*“I made this my rule: When the Lord commands, do it.”*

**JOSEPH SMITH, in *History of the Church*, 2:170**

OBEY	TO RECEIVE
Laws or principles	Blessings
<i>The Word of Wisdom (D&amp;C 89)</i>	<i>Better health, great knowledge</i>
<i>Tithes and offerings (Malachi 3:10–12)</i>	<i>Temporal and spiritual blessings, success in our work, protection</i>
<i>Go to work every day on time</i>	<i>Continued employment and ability to create savings</i>
<i>Eat healthily and exercise regularly</i>	<i>You miss less work days due to illness</i>

**Practice:** Write two or three specific ways you can increase your obedience to the laws you chose:

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**Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice being obedient every day.
- Teach this principle to your family.
- Continue to practice the previous foundation principles.

## OBEDIENCE BRINGS BLESSINGS

If you are unable to watch the video, read this script.



*What a glorious promise! “He that keepeth [God’s] commandments receiveth truth and light, until he is glorified in truth and knoweth all things” [D&C 93:28]. . . .*

*My brothers and sisters, the great test of this life is obedience. “We will prove them herewith,” said the Lord, “to see if they will do all things whatsoever the Lord their God shall command them” [Abraham 3:25].*

*Declared the Savior, “For all who will have a blessing at my hands shall abide the law which was appointed for that blessing, and the conditions thereof, as were instituted from before the foundation of the world” [D&C 132:5].*

*No greater example of obedience exists than that of our Savior. Of Him, Paul observed:*

*“Though he were a Son, yet learned he obedience by the things which he suffered; “And being made perfect, he became the author of eternal salvation unto all them that obey him” [Hebrews 5:8–9].*

*The Savior demonstrated genuine love of God by living the perfect life, by honoring the sacred mission that was His. Never was He haughty. Never was He puffed up with pride. Never was He disloyal. Ever was He humble. Ever was He sincere. Ever was He obedient. . . .*

*When faced with the agony of Gethsemane, where He endured such pain that “his sweat was as it were great drops of blood falling down to the ground” [Luke 22:44], He exemplified the obedient Son by saying, “Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done” [Luke 22:42].*

*As the Savior instructed His early Apostles, so He instructs you and me, “Follow thou me” [John 21:22]. Are we willing to obey?*

*The knowledge which we seek, the answers for which we yearn, and the strength which we desire today to meet the challenges of a complex and changing world can be ours when we willingly obey the Lord’s commandments. I quote once again the words of the Lord: “He that keepeth [God’s] commandments receiveth truth and light, until he is glorified in truth and knoweth all things” [D&C 93:28].*

*It is my humble prayer that we may be blessed with the rich rewards promised to the obedient. In the name of Jesus Christ, our Lord and Savior, amen.*

*(Thomas S. Monson, “Obedience Brings Blessings,” Ensign or Liahona, May 2013, 89, 92)*

*“If we like luxuries or even necessities more than we like obedience, we will miss the blessings which He would like to give us.”*

**SPENCER W. KIMBALL,**  
in *Teachings of Spencer W. Kimball*, ed. Edward L. Kimball (1982), 212

### Facilitator Tip

*Encourage all to make and keep specific commitments and to teach their families.*

# 4 MANAGE MONEY

## MANAGE MONEY

**Ponder:** Why is managing money so hard—and so important?

**Watch:** “First Things First!” (No video? Read the next page.)

**Discuss:** What did you learn from these children? Why should we keep track of our money? Why should we save money?

**Read:** Statement from *All Is Safely Gathered In*; Doctrine and Covenants 104:78 (on the right)

**Practice:** Here are four steps you can take to manage your money so you can better serve others. Read these steps. As a group, talk about how you can make this a habit.

*“Pay tithes and offerings, ... avoid debt, ... use a budget, ... determine how to reduce what you spend for non-essentials ... [and] discipline yourself to live within your budget plan.”*

**ALL IS SAFELY GATHERED IN: FAMILY FINANCES (BOOKLET, 2007), 3**

1

### Work Hard and Smart

Prove to your employer that you work hard each day. Prove that you are valuable.  
Be honest.

2

### Pay Tithes and Offerings

When you earn personal money, pay tithing first. Then God can bless you.

3

### Spend Less Than You Earn

Set a budget. Record what you earn and spend. Avoid debt. Earn more. Spend less than you earn.

4

### Build Savings Daily

Save money every day for more peace and freedom.

**Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice managing your money every day.
- Teach this principle to your family.
- Continue to practice the previous foundation principles.

*“And again, verily I say unto you, concerning your debts—behold it is my will that you shall pay all your debts.”*

**DOCTRINE AND COVENANTS 104:78**

### Facilitator Tip

Ask someone to share how these principles are blessing his or her family.

## FIRST THINGS FIRST!

If you are unable to watch the video, choose roles and read this script.



**SETTING:** Young boy and girl, dressed in adult clothes, acting like their parents.

**BOY:** I'm home, dear.

**GIRL:** Welcome home. Oh my, you look tired.

**BOY:** You do too. You work very hard, don't you?

**GIRL:** Well, we're supposed to work, aren't we?

**BOY:** I earned 10 today.

**GIRL:** Oh, what a blessing. So, first things first. Let's pay our tithing, shall we?

**BOY:** But what if we don't have enough?

**GIRL:** That's where faith comes in!

**BOY:** Okay. So what's next?

**GIRL:** Well, we'll need to buy food and bus fare, and pay rent. And then, it would be nice to buy a chair....

**BOY:** But we can't. See? We don't have enough money.

**GIRL:** Could we borrow some?

**BOY:** They say debt is dangerous. We don't want to get in trouble.

**GIRL:** Okay. You're right. So what do we do with this?

**BOY:** Let's save it! You never know what will happen.

**GIRL:** That feels right. But there's nothing left for fun.

**BOY:** We have each other! And I'll try to earn more.

**GIRL:** I'll try to spend less!

**BOY:** That way we can be happy—and self-reliant!

**GIRL:** Right! That wasn't so difficult. Why do grown-ups make it so hard?

**BOY:** Oh, you know. That's just how grown-ups are!

"There seems to be a sense of entitlement in today's culture. . . . When we become burdened with excessive debt, we have . . . placed ourselves in self-imposed servitude, spending all of our time, all of our energy, and all of our means to the repayment of our debts. . . . It is essential that we . . . develop a spending and savings plan—a budget—and distinguish between wants and needs."

**ROBERT D. HALES, "Seek and Attain the Spiritual High Ground in Life" (Church Educational System fireside, Mar. 2009), 6–7; speeches.byu.edu**

# 5 WORK: TAKE RESPONSIBILITY

## WORK: TAKE RESPONSIBILITY

- Ponder:** Why do you feel Heavenly Father wants us to take personal responsibility for our lives?
- Watch:** “Sedrick’s Journey” (No video? Read the next page.)
- Discuss:** How does Sedrick use his agency and take responsibility for his future? What would happen to Sedrick if he blamed someone else for his challenges?
- Read:** 2 Nephi 2:16, 26; Doctrine and Covenants 42:42 (on the right)
- Practice:** Turn to a group member close to you. Together, read the statement below by the Prophet Joseph Smith. He describes his personal situation growing up. Discuss these questions:
- What was his temporal situation?
  - What do you learn about self-reliance from the Prophet’s words?
  - What did the Prophet mean by “continuous labor”?

“As my father’s worldly circumstances were very limited, we were under the necessity of laboring with our hands, hiring out by day’s work and otherwise, as we could get opportunity. Sometimes we were at home, and sometimes abroad, and by continuous labor were enabled to get a comfortable maintenance.”

Joseph Smith—History 1:55

- Practice:** Think about how to take more personal responsibility for your self-reliance. Write two or three changes you want to make in your actions or attitudes.
- 
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- Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:
- Practice taking responsibility every day.
  - Teach this principle to your family.
  - Continue to practice the previous foundation principles.

*“Wherefore, the Lord God gave unto man that he should act for himself . . . [and men and women are free] to act for themselves and not to be acted upon.”*

2 NEPHI 2:16, 26

*“Thou shalt not be idle; for he that is idle shall not eat the bread nor wear the garments of the laborer.”*

DOCTRINE AND COVENANTS 42:42



## SEDRICK'S JOURNEY

If you are unable to watch the video, read this script.



**SEDRICK:** My name is Sedrick Kambesabwe. I live in the Democratic Republic of the Congo. I'm a member of the LDS Church.

I'm a branch missionary in the village of Kipusanga. I need to prepare to go on a foreign mission. In order to go on a mission, I need a passport, which now costs 250 US dollars.

To earn money, my father and I buy bananas. Some villages produce a lot of bananas: Tishabobo, Lusuku, and Kamanda.

*Tishabobo is about 9 miles from here. Lusuku is 18 miles. Kamanda is 18 as well. We go there and buy bananas, and we bring them back here to sell.*

*To go to the villages we use a bicycle. We can take four or six bunches of bananas.*

*When I go by bike, it can take an hour and a half each way, if the bike is working and I have the strength. When it is midday and the heat is oppressive, I move slowly because of the heat and the sun.*

*I can do two trips per day if I wake up very early in the morning. It is a good way to help pay for my passport.*

*Now I'm earning money, little by little, so I'm saving for both school expenses and the mission. And now, after four years of work, I have enough money for my passport, plus 70 dollars saved.*

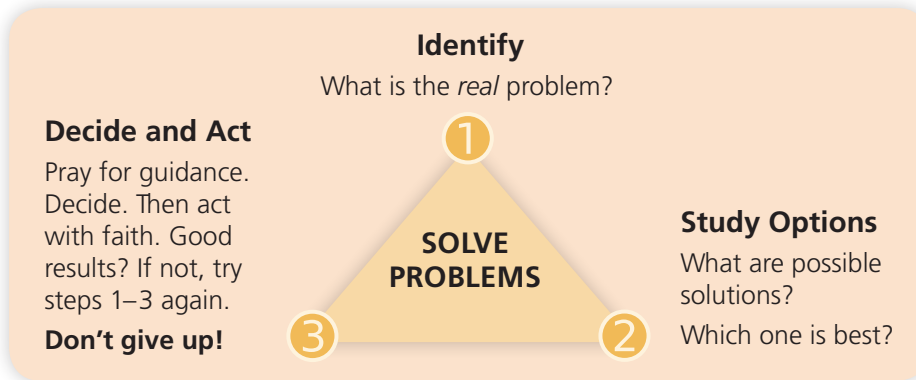
*"God has designed this mortal existence to require nearly constant exertion. . . . By work we sustain and enrich life. . . . Work builds and refines character, creates beauty, and is the instrument of our service to one another and to God. A consecrated life is filled with work, sometimes repetitive, . . . sometimes unappreciated but always work that improves, . . . lifts, [and] aspires."*

**D. TODD CHRISTOFFERSON,**  
*"Reflections on a Consecrated Life," Ensign or Liahona, Nov. 2010, 17*

# 6 SOLVE PROBLEMS

## SOLVE PROBLEMS

- Ponder:** Why do you feel Heavenly Father allows us to face problems and challenges?
- Watch:** “Solve Problems and Make Decisions” (No video? Read the next page.)
- Discuss:** What did Sheep do to help Pig solve his problem? (Think about how she helped him identify the real problem, look at his options, and then decide and act.)
- Read:** Ether 2 and 3 (read only the excerpts on the right)
- Discuss:** What did the brother of Jared do to solve his problem?
- Practice:** Below are three steps you can take to solve problems of all kinds with prayer and faith. Read and discuss them with a group member. Each of you should identify a specific problem you face and go through the steps.



**Practice:** Pick a problem you are facing as a family and write it here:

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During the week, work on this problem with your family. Remember, don't give up! It takes time to solve problems and make changes.

**Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice the steps for solving the problem you wrote above.
- Teach this principle to your family.
- Continue to practice the previous foundation principles.



*“The brother of Jared cried unto the Lord, saying ... I have made the barges ... [and] in them there is no light. ... And the Lord said ... What will ye that I should do ...? [And the brother of Jared] did molten out of a rock sixteen small stones ... and cried again unto the Lord, saying ... I know, O Lord, that thou hast all power. ... Therefore touch these stones ... that they may shine forth in darkness.”*

**ETHER 2:18–19, 23; 3:1, 4**

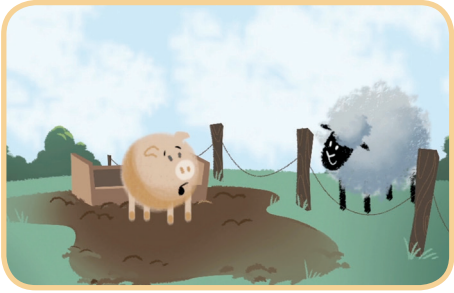
### Facilitator Tip

*Add energy to discussions. Get everyone involved.*



## SOLVE PROBLEMS AND MAKE DECISIONS

If you are unable to watch the video, choose roles and read this script.



**PIG:** I'm starving! Farmer's gone. His boy is lazy and I get no food! What am I going to do?

**SHEEP:** Pig? Pig! What's the problem?

**PIG:** Problem? Problem? It's obvious, isn't it? I'm starving!

**SHEEP:** Hmmm. That's not your problem.

**PIG:** Huh? What do you mean? I'm hungry! And that lazy kid isn't doing his job.

**SHEEP:** Right, but that's his problem. Your problem is, Where can you go to find some food?

**PIG:** Me? Find food?

**SHEEP:** Exactly. What are your options?

**PIG:** Well, I could stay here and wait!

**SHEEP:** That's one option. How's that working?

**PIG:** Yeah. ... Humph. ... If I could get out of here, I could maybe find food in the garbage pile.

**SHEEP:** That's another option. I noticed that the boy left your gate unlocked.

**PIG:** Yeah, but I've never just walked out of here. And there might not be any food there anyway.

**SHEEP:** Well, it's probably time to decide and do something—stay or get moving.

**PIG:** Okay. It's my problem, right?

**SHEEP:** Yup.

**PIG:** And the garbage pile's my best option.

**SHEEP:** If you think so.

**PIG:** So I need to decide and act.

**SHEEP:** Seems like it.

**PIG:** All right. ... Okay. ... Well, ... here goes. [Starts eating.] Hey, Sheep, this is great stuff.

**SHEEP:** Well done, Pig!

"Creative approaches are sometimes needed in order to adapt to local conditions. We have general guidelines and principles, but the Lord expects us to help solve our own problems. ... We are thinking, reasoning human beings. We have the ability to identify our needs, to plan, to set goals, and to solve our problems. ... Too often people hold on to ideas, inventions, and approaches to life that will not work. The creative approach is a disciplined approach to meet life's needs."

**ROBERT D. HALES,** "Every Good Gift," *New Era*, Aug. 1983, 8–9

# 7 BECOME ONE, WORK TOGETHER

## BECOME ONE, WORK TOGETHER

**Ponder:** What does it mean to “be one”? What does this have to do with becoming self-reliant?

**Watch:** “In the Lord’s Way” (No video? Read the next page.)

**Discuss:** What does this message teach about serving and helping each other?

**Read:** Moses 7:18; Doctrine and Covenants 104:15–17 (on the right)

**Practice:** Do the following activity:

1. On your own, quietly think about talents, contacts, or other resources you have. How can your gifts help other group members become more self-reliant? Write your ideas:  

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2. As a group, share with each other the talents, contacts, and other resources you listed. Write contacts or resources others have that could help you.  

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3. Now list below the resources available at a Church self-reliance center, including mentors, computers, and so on. Why do you need them?  

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4. What resources do you have that can help you and the others become self-reliant?  

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5. How will you help others on their path to self-reliance?  

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6. How can you use help from others on your path?  

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*“And the Lord called his people Zion, because they were of one heart and one mind . . . and there was no poor among them.”*

**MOSES 7:18**

*“And it is my purpose to provide for my saints, for all things are mine. But it must needs be done in mine own way; and behold this is the way that I, the Lord, have decreed to provide for my saints, that the poor shall be exalted, in that the rich are made low. For the earth is full, and there is enough and to spare.”*

**DOCTRINE AND COVENANTS 104:15–17**



**Read:** To practice becoming one, you can do the following:

- Help your family increase in unity and work together.
- Talk to members in your ward who are self-reliant. Ask what people or resources helped them. Ask if they will mentor you!
- Go to three places in your community that have resources to help you become more self-reliant. Write down the services they can provide. Start to use them!

**Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice working with others (work with your family, ward members, and community resources as listed above).
- Teach this principle to your family.
- Continue to practice the previous foundation principles.

## IN THE LORD'S WAY

If you are unable to watch the video, read this script.



**PRESIDENT EYRING:** *The principles at the foundation of the Church welfare program are not for only one time or one place. They are for all times and all places....*

*The way it is to be done is clear. Those who have accumulated more are to humble themselves to help those in need.*

*Those in abundance are to voluntarily sacrifice some of their comfort, time, skills, and resources to relieve the suffering of those in need. And the help is to be given in a way that increases the power of the recipients to care for themselves [and then care for others].*

*Done in this, the Lord's way, something remarkable can happen. Both the giver and the receiver are blessed.*

*(Henry B. Eyring, address given at the dedication of the Sugarhouse Utah Welfare Services Center, June 2011, lds.org; words in brackets added by President Eyring in a March 2014 interview)*

**PRESIDENT UCHTDORF:** *Brothers and sisters, we each have a covenant responsibility to be sensitive to the needs of others and serve as the Savior did—to reach out, bless, and uplift those around us.*

*Often, the answer to our prayer does not come while we're on our knees but while we're on our feet serving the Lord and serving those around us. Selfless acts of service and consecration refine our spirits, remove the scales from our spiritual eyes, and open the windows of heaven. By becoming the answer to someone's prayer, we often find the answer to our own.*

*(Dieter F. Uchtdorf, "Waiting on the Road to Damascus," Ensign or Liahona, May 2011, 76)*

*"When we work together cooperatively, ... we can accomplish anything. When we do so, we eliminate the weakness of one person standing alone and substitute the strength of many serving together."*

**THOMAS S. MONSON,**  
*"Church Leaders Speak Out on Gospel Values," Ensign, May 1999, 118*

# 8 COMMUNICATE: PETITION AND LISTEN

## COMMUNICATE: PETITION AND LISTEN

**Ponder:** Have you had an experience when Heavenly Father has answered your prayers about a job, your business, or your education?

**Watch:** “Creating Lift” (No video? Read the next page.)

**Discuss:** How does President Uchtdorf say we can elevate ourselves from worldly cares? Are there times when we do not recognize answers to our prayers? Is listening an essential part of prayer?

**Read:** Doctrine and Covenants 8:2; Elder Nelson’s quote (on the right)

**Discuss:** As a group, discuss these questions: Why is listening an essential skill? How can careful listening help us in our work?

**Practice:** Do this activity to learn to improve your listening skills:

- As a group, read the steps below and briefly discuss them.
- Ask one or two members of the group to tell the others about a challenge or question they have. Everyone else should try to listen, following these steps.
- Ask the group members who spoke how they felt when the group really tried to listen.

*“I will tell you in your mind and in your heart, by the Holy Ghost, which shall come upon you and which shall dwell in your heart.”*

### DOCTRINE AND COVENANTS 8:2

*“Your soul will be blessed as you learn to listen, then listen to learn from children, parents, partners, neighbors, and Church leaders, all of which will heighten capacity to hear counsel from on high.”*

**RUSSELL M. NELSON,**  
“Listen to Learn,” *Ensign*,  
May 1991, 24

### 1 Concentrate

- Focus on the speaker’s words and body language.
- Don’t interrupt.

### 2 Appreciate

- Look at the speaker.
- Use small words like “yes” or “okay.”
- Thank the speaker.

### 3 Review

- Say: “So, you are saying. . . .”
- Then repeat what you heard.

### 4 Ask

- Ask: “Did I understand?”
- Wait for an answer and listen.

**Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice the steps to better listening with your family:
  - Ask a family member to share a challenge or question he or she faces.
  - Practice the listening steps as you listen to this challenge.
- Teach this principle to your family.
- Continue to practice the previous foundation principles.

## CREATING LIFT

If you are unable to watch the video, read this script.



**PRESIDENT UCHTDORF:** *In order to get an airplane off the ground, you must create lift. In aerodynamics, lift happens when air passes over the wings of an airplane in such a way that the pressure underneath the wing is greater than the pressure above the wing. When the upward lift exceeds the downward pull of gravity, the plane rises from the ground and achieves flight.*

*In a similar way, we can create lift in our spiritual life. When the force that is pushing us heavenward is greater than the temptations and distress that drag us downward, we can ascend and soar into the realm of the Spirit.*

*Though there are many gospel principles that help us to achieve lift, I would like to focus on one in particular.*

*[Prayer!]*

*Prayer is one of the principles of the gospel that provides lift. Prayer has the power to elevate us from our [worldly cares. Prayer can] lift us up through clouds of despair [or] darkness into a bright and clear horizon.*

*One of the greatest blessings and privileges and opportunities we have as children of our Heavenly Father is that we can communicate with Him [through prayer]. We can speak to Him of our life experiences, trials, and blessings. We can listen for and receive celestial guidance from the Holy Spirit [at any time and at any place].*

*(Dieter F. Uchtdorf, "Prayer and the Blue Horizon," Ensign or Liahona, June 2009, 5–6; words in brackets added by President Uchtdorf in a March 2014 interview)*

*"Our Heavenly Father hears the prayers of His children across the earth pleading for food to eat, for clothes to cover their bodies, and for the dignity that would come from being able to provide for themselves."*

**HENRY B. EYRING,**  
**"Opportunities to Do Good," Ensign or Liahona, May 2011, 22**

*"We must ask for help from our Heavenly Father and seek strength through the Atonement of His Son, Jesus Christ. In both temporal and spiritual things, [this] enables us to become provident providers for ourselves and others."*

**ROBERT D. HALES,**  
**"Becoming Provident Providers Temporally and Spiritually," Ensign or Liahona, May 2009, 7–8**

# 9 PERSEVERE

## PERSEVERE

**Ponder:** How do we learn to continue working on a task until it is done?

**Watch:** “Only a Stonecutter” (No video? Read the next page.)

**Discuss:** How do we learn to keep going even when it is difficult? How does trust in the Lord affect our ability to persevere?

**Read:** Statement by President Faust; Hebrews 12:1; Doctrine and Covenants 58:4 (on the right)

**Practice:** Work together to learn this pattern to persevere and overcome challenges:

- As a group, read each step in the pattern below.
- Turn to someone in the group. Ask each other if there is some duty or task facing them that is very hard.
- Help each other go through the four steps below, talking about the difficult duty or task.
- Commit to each other that you will persevere—that you will keep going until the duty or task is well done.

*“Perseverance is demonstrated by those who . . . don’t give up even when others say, ‘It can’t be done.’”*

**JAMES E. FAUST,**  
“Perseverance,” *Ensign or Liahona*, May 2005, 51

*“Let us run with patience the race that is set before us.”*

**HEBREWS 12:1**

*“After much tribulation come the blessings.”*

**DOCTRINE AND COVENANTS 58:4**

1

### KEEP A POSITIVE ATTITUDE

List your blessings.

2

### REMEMBER TO WORK TOGETHER

Ask friends, peers, group members, and others for help.

3

### REPLACE FEAR WITH FAITH

Avoid doubt. Remember the Lord has all power. Call upon Him and accept His will.

4

### MOVE FORWARD WITH PATIENCE AND COURAGE

Never, never, never give up; endure with faith.

“Don’t fall victim to the temptation that ensnared Laman and Lemuel. When they received the awesome assignment to obtain the plates of Laban, the record indicates that they murmured, saying that it was a hard thing which they had been commanded to do. And they lost their opportunity and their reward. Rather, let your attitude be that of their brother, Nephi: ‘I will go and do the things which the Lord hath commanded’ (see 1 Nephi 3:5–7).”

Thomas S. Monson, *Teachings of Thomas S. Monson* (2011), 54

**Practice:** Pick a challenge your family is facing. Use the pattern above and identify two or three ways you can move forward in faith, trusting that God will provide:

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**Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice persevering in the ways you identified above.
- Teach this principle to your family.
- Continue to practice the previous foundation principles.

## ONLY A STONECUTTER

If you are unable to watch the video, read this script.



**ELDER HOLLAND:** John R. Moyle was a pioneer from England who crossed the United States pulling a handcart. He settled in Alpine, Utah, about 22 miles (35 kilometers) from the Salt Lake Temple.

Brigham Young called Brother Moyle to be the chief superintendent of masonry during the Salt Lake Temple construction.

To make certain he was always at work by 8:00 a.m. each Monday, Brother Moyle would start walking the 22 miles about 2:00 a.m. He would finish his work week at 5:00 p.m. on Friday and then start the walk home, arriving there shortly before midnight. Each week he would repeat that schedule for almost 20 years during the construction of the temple.

Once when he was home on the weekend, one of his cows bolted during milking and kicked Brother Moyle in the leg, shattering the bone just below the knee.

They did not have good medical help on the farm, so his family and friends took a door off the hinges and strapped him onto that makeshift operating table. They then took the bucksaw they had been using to cut branches from a nearby tree and amputated his leg just a few inches below the knee.

When the leg finally started to heal, Brother Moyle took a piece of wood and carved an artificial leg. First he walked in the house. Then he walked around the yard. Finally he ventured out about his property.

When he felt he could stand the pain, he strapped on his wooden leg, walked the 22 miles to the Salt Lake Temple, climbed the scaffolding, and with a chisel in his hand hammered out the declaration “Holiness to the Lord.”

(See also Jeffrey R. Holland, “As Doves to Our Windows,” *Ensign*, May 2000, 76–77.)

“Our responsibility is to rise from mediocrity to competence, from failure to achievement. Our task is to become our best selves. One of God’s greatest gifts to us is the joy of trying again, for no failure ever need be final.”

**THOMAS S. MONSON,**  
“The Will Within,” *Ensign*,  
May 1987, 60

# 10 SHOW INTEGRITY

## SHOW INTEGRITY

- Ponder:** Why do you feel the Lord loves those with “integrity of heart”? (See Doctrine and Covenants 124:15.)
- Watch:** “What Shall a Man Give in Exchange for His Soul?” (No video? Read the next page.)
- Discuss:** What does it mean to have integrity? What are some small ways people give away their souls to get things in this life?
- Read:** Articles of Faith 1:13; Mosiah 4:28; Job 27:5 (on the right)
- Practice:** On your own, rate yourself in the following areas.

Put a number in front of each item to show how often you act this way.  
1 = never, 2 = sometimes, 3 = often, 4 = almost always, 5 = always

- \_\_\_ 1. I keep all of my promises, commitments, and covenants.
- \_\_\_ 2. I am completely truthful in things I say and in the records I keep.
- \_\_\_ 3. I do not exaggerate to make things appear better than they are.
- \_\_\_ 4. I return everything I borrow and do not take things that do not belong to me.
- \_\_\_ 5. I am completely faithful to my spouse in my words and actions.
- \_\_\_ 6. I never cheat, even when I know I won’t be caught.
- \_\_\_ 7. When I find something that isn’t mine, I return it to the owner.
- \_\_\_ 8. I always pay back money I borrow, including PEF loans from the Church.

- Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:
- Practice showing integrity every day.
  - Teach this principle to your family.
  - Continue to practice the previous foundation principles.

*“We believe in being honest.”*

### ARTICLES OF FAITH 1:13

*“And I would that ye should remember, that whosoever among you borroweth of his neighbor should return the thing that he borroweth, according as he doth agree, or else thou shalt commit sin; and perhaps thou shalt cause thy neighbor to commit sin also.”*

### MOSIAH 4:28

*“Till I die I will not remove mine integrity from me.”*

### JOB 27:5

### Facilitator Tip

*Help everyone focus on action—not just talking.*



## WHAT SHALL A MAN GIVE IN EXCHANGE FOR HIS SOUL?

If you are unable to watch the video, read this script.



**ELDER ROBERT C. GAY:** *The Savior once asked His disciples the following question: “What shall a man give in exchange for his soul?”*

*This is a question that my father taught me to carefully consider years ago. As I was growing up, my parents assigned me chores around the house and paid me an allowance for that work. I often used that money, a little over 50 cents a week, to go to the movies. Back then a movie ticket cost 25 cents for an 11-year-old. This left me with 25 cents to spend on candy bars, which cost 5 cents apiece. A movie with five candy bars! It couldn’t get much better than that.*

*All was well until I turned 12. Standing in line one afternoon, I realized that the ticket price for a 12-year-old was 35 cents, and that meant two less candy bars. Not quite prepared to make that sacrifice, I reasoned to myself, “You look the same as you did a week ago.” I then stepped up and asked for the 25-cent ticket. The cashier did not blink, and I bought my regular five candy bars instead of three.*

*Elated by my accomplishment, I later rushed home to tell my dad about my big coup. As I poured out the details, he said nothing. When I finished, he simply looked at me and said, “Son, would you sell your soul for a nickel?” His words pierced my 12-year-old heart. It is a lesson I have never forgotten.*

*(Robert C. Gay, “What Shall a Man Give in Exchange for His Soul?” Ensign or Liahona, Nov. 2012, 34)*

*“Integrity means always doing what is right and good, regardless of the immediate consequences. It means being righteous from the very depth of our soul, not only in our actions but, more importantly, in our thoughts and in our hearts. . . . A little lying, a little cheating, or taking a little unfair advantage are not acceptable to the Lord. . . . The consummate reward of integrity is the constant companionship of the Holy Ghost. . . . [who will] guide us in all we do.”*

**JOSEPH B. WIRTHLIN,**  
**“Personal Integrity,”**  
*Ensign, May 1990, 30–33*

# 11 SEEK LEARNING AND EDUCATION

## SEEK LEARNING AND EDUCATION

- Ponder:** The prophets have said that education is the key to opportunity. What evidence have you seen that this is true?
- Watch:** “The Glory of God Is Intelligence” (No video? Read the next page.)
- Discuss:** Why does Alexander believe lifelong learning is important? What does Emelda feel about education and studying hard? How did a PEF loan help her? Was this a good reason to go into debt?
- Read:** Doctrine and Covenants 88:118–19; *Handbook 2*, 6.1.1 (on the right)
- Practice:** We can continue learning throughout our lives. In the box below, write down something you learned recently from each of these sources of learning.

SOURCES OF LEARNING	SOMETHING I LEARNED RECENTLY FROM THESE SOURCES
People around me, my leaders	
Life experiences	
Books and media	
Classroom/teachers	
The scriptures, the temple, the Holy Ghost	

**Discuss:** How can you continue to learn and grow every day?

*“Seek ye diligently and teach one another words of wisdom; yea, seek ye out of the best books words of wisdom; seek learning, even by study and also by faith. . . . Establish a house . . . of learning.”*

**DOCTRINE AND COVENANTS 88:118–19**

*“[Church members] should improve in their ability to read, write, and do basic mathematics. They should obtain as much education as they can, including formal or technical schooling where possible.”*

**HANDBOOK 2, 6.1.1**



**Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Look for opportunities to learn, and write what you learn.
- Teach your family about the different sources of lifelong learning. Consider ways your family could gain more education—for both adults and children.
- Continue to practice the previous foundation principles.

## THE GLORY OF GOD IS INTELLIGENCE

If you are unable to watch the video, choose roles and read this script.



**NARRATOR:** Alexander is a man from Peru who dedicates his life to learning and teaching. He shared the following:

**ALEXANDER:** When I was young, my father taught us to study and to value education.

*There are two things we can do to progress and prosper in this life. First, be faithful and endure to the end. Second, study and learn.*

*I've learned throughout my life that education is the key temporal means we have to accomplish our life goals.*

*I went on a mission with very little knowledge of the gospel but with a great desire to do the right things and to learn.*

*I wasn't in classrooms, but I believe that my mission was the greatest time of learning in my life.*

*I take opportunities to learn wherever I am: In my home, at work, at the church, at the university, or even on the bus. I'm always trying to learn.*

*The temple is the most important place in my life and the best school on the earth.*

**NARRATOR:** Emelda is a convert to the Church from South Africa who realized her dream through a Perpetual Education Fund loan. She shared her testimony:

**EMELDA:** Being a top student is not something I owe to myself; I owe it to the Church! I knew joining The Church of Jesus Christ of Latter-day Saints was going to take me to greater spiritual realms, but I never imagined it would open the doors for me academically. ...

*Learning the gospel was truly a wake-up call for me. It made me realize that I was in charge of my own destiny. ... Regardless of our current circumstances and what we may feel, I have no doubt that my Heavenly Father has good plans for us.*

*"We have a responsibility and a challenge to take our places in the world of business, science, government, medicine, education, and every other worthwhile and constructive vocation. We have an obligation to train our hands and minds to excel in the work of the world for the blessing of all mankind."*

**GORDON B. HINCKLEY,**  
"A City upon a Hill,"  
Ensign, July 1990, 5

# 12 STAY ON TASK, RECEIVE ORDINANCES

## STAY ON TASK, RECEIVE ORDINANCES

**Ponder:** What keeps us from doing the things that matter most?

**Watch:** “Doing What Matters Most” (No video? Read the next page.)

**Discuss:** What are some insignificant things people do to waste their time? The Lord commanded Joseph Smith to build temples even when Church members were very poor. Why?

**Read:** Doctrine and Covenants 84:20; 136:4; 1 Nephi 18:2–3 (on the right)

**Read:** “The Law of Soil Management” (on the next page)

**Discuss:** What did the Lord reveal to Elder Widtsoe in the temple? What did the Lord reveal to Nephi in the mount?

As we seek self-reliance, why is it so important to be temple worthy?

With a partner, read the scripture below. What does it mean to you that through temple worship we are prepared to receive every needful thing in our lives? Talk about what this means to your life and your goal of self-reliance.

“And do thou grant, Holy Father, that all those who shall worship in this house may . . . be prepared to obtain every needful thing.”

*D&C 109:14–15*

**Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice being temple worthy every day.
- Teach this principle to your family. Teach them how temple attendance will help them succeed spiritually and temporally, and discuss with them what you must do to receive the Lord’s power that is found in temple ordinances.
- Continue to practice the previous foundation principles.

*“In the ordinances thereof, the power of godliness is manifest.”*

**DOCTRINE AND COVENANTS 84:20**

*“And this shall be our covenant—that we will walk in all the ordinances of the Lord.”*

**DOCTRINE AND COVENANTS 136:4**

*“I did build [the ship] after the manner which the Lord had shown unto me; wherefore, it was not after the manner of men. And I, Nephi, did go into the mount oft, and I did pray oft unto the Lord; wherefore the Lord showed unto me great things.”*

**1 NEPHI 18:2–3**



## DOING WHAT MATTERS MOST

If you are unable to watch the video, read this script.



**NARRATOR:** *A plane crashed in Florida one dark night in December. Over 100 people were killed. It was just 20 miles from safety.*

**PRESIDENT UCHTDORF:** *After the accident, investigators tried to determine the cause. The landing gear had indeed lowered properly. The plane was in perfect mechanical condition. Everything was working properly—all except one thing: a single burned-out light bulb. That tiny bulb—worth about 20 cents—started the*

*chain of events that ultimately led to the tragic deaths of over 100 people.*

*Of course, the malfunctioning light bulb didn't cause the accident; it happened because the crew placed its focus on something that seemed to matter at the moment while losing sight of what mattered most.*

*The tendency to focus on the insignificant at the expense of the profound happens not only to pilots but to everyone. We are all at risk. . . . Are your thoughts and heart focused on those short-lived fleeting things that matter only in the moment or on things that matter most?*

*(Dieter F. Uchtdorf, "We Are Doing a Great Work and Cannot Come Down," Ensign or Liahona, May 2009, 59–60)*

## THE LAW OF SOIL MANAGEMENT

**ELDER WIDTSOE:** *For several years, under a federal grant with my staff of workers, we had gathered thousands of data in the field of soil moisture; but I could not extract any general law running through them. I gave up at last.*

*My wife and I went to the temple that day to forget the failure. In the third endowment room, out of the unseen, came the solution, which has long since gone into print. . . .*

*That is the gift that comes to those who enter the temple properly, because it is a place where revelations may be expected. I bear you my personal testimony that this is so.*

*(In Alan K. Parrish, Modern Temple Worship, 156–57)*

*"The Lord will bless us as we attend to the sacred ordinance work of the temples. Blessings there will not be limited to our temple service. We will be blessed in all of our affairs. We will be eligible to have the Lord take an interest in our affairs both spiritual and temporal."*

**BOYD K. PACKER,**  
*The Holy Temple*  
(1980), 182

# FINAL ACTIVITY

## Go Forward and Serve

### GO FORWARD AND SERVE

**Ponder:** Based on the scriptures and quote on the right, how does *losing* ourselves in the service of others actually *save* us?

**Read:** Now that you have completed *My Foundation*, we invite you to consider again the counsel in principle 7. President Uchtdorf said:

“Selfless acts of service and consecration refine our spirits, remove the scales from our spiritual eyes, and open the windows of heaven. By becoming the answer to someone’s prayer, we often find the answer to our own.”

Dieter F. Uchtdorf, “Waiting on the Road to Damascus,”  
Ensign or Liahona, May 2011, 76

**Discuss:** How can service to others open the “windows of heaven” in your life?

**Practice:** Create a plan with your group or family to do one of the following:

1. Perform a service project in your community. You might serve the sick at a hospital, take food to an orphanage, or choose another activity.
2. Visit the closest Church family history center with your family. Prepare your family history using the booklet *My Family: Stories That Bring Us Together*. Then go to the temple and perform sacred ordinances for family members who have died.
3. Volunteer in a self-reliance center or serve as a group facilitator. Individually mentor someone on their path to self-reliance.



“For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it.”

**MATTHEW 16:25**

“When ye are in the service of your fellow beings ye are only in the service of your God.”

**MOSIAH 2:17**

“The purpose of both temporal and spiritual self-reliance is to get ourselves on higher ground so that we can lift others in need.”

**ROBERT D. HALES,**  
“Coming to Ourselves: The Sacrament, the Temple, and Sacrifice in Service,”  
Ensign or Liahona, May 2012, 36

## LETTER OF COMPLETION

I, \_\_\_\_\_, have participated in a self-reliance group provided by The Church of Jesus Christ of Latter-day Saints and have fulfilled the requirements necessary for completion as follows:

I attended at least 10 of the 12 meetings.

I practiced all 12 principles and taught them to my family.

I completed the final activity.

I have practiced and built a foundation of skills, principles, and habits for self-reliance. I will continue to use these throughout my life.

\_\_\_\_\_  
*Participant's name*

\_\_\_\_\_  
*Participant's signature*

\_\_\_\_\_  
*Date*

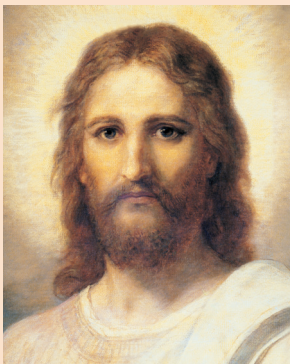
I certify that this participant has completed the requirements listed above.

\_\_\_\_\_  
*Facilitator's name*

\_\_\_\_\_  
*Facilitator's signature*

\_\_\_\_\_  
*Date*

*Note: A certificate may be issued at a later date by the stake or district self-reliance committee.*



### **WILL YOU CONTINUE YOUR PATH TO SELF-RELIANCE?**

*"Therefore, what manner of men ought ye to be? Verily I say unto you, even as I am."*

**3 NEPHI 27:27**

**ACT**  
daily with  
accountability

THE CHURCH OF  
**JESUS CHRIST**  
OF LATTER-DAY SAINTS

**Self-Reliance Services**  
PERPETUAL EDUCATION FUND

