

# ON THE PATH TO GREATER SELF-RELIANCE

*Are you becoming more self-reliant each day?*

**R**ate yourself on these statements to get an idea of where you are on the journey to self-reliance.

This evaluation is not a comprehensive list of guidelines. As you and your family prayerfully study this topic and counsel together, the Spirit can prompt you to know how to improve.

After completing the self-evaluation, consider setting some goals in the areas where you had lower scores.

## Preparedness

- \_\_\_ 1. I have cash set aside to use in case of an emergency.
- \_\_\_ 2. I keep my home stocked with emergency supplies (such as blankets, candles, flashlights).
- \_\_\_ 3. I keep important documents in a secure place, and my family and I know where to access them.
- \_\_\_ 4. I regularly buy and store extra food and water.
- \_\_\_ 5. I use the food storage I have and replace it with new food so it doesn't expire.

## Physical Health

- \_\_\_ 1. I make an effort to exercise regularly.
- \_\_\_ 2. I eat healthy foods and drink enough water every day.
- \_\_\_ 3. I live the Word of Wisdom and encourage others to do so as well.
- \_\_\_ 4. I avoid becoming addicted to harmful substances.
- \_\_\_ 5. I get adequate sleep and avoid oversleeping.

## Finances

- \_\_\_ 1. I seek ways to save money by reducing unnecessary expenses.
- \_\_\_ 2. I regularly put money aside in a savings or investment account.
- \_\_\_ 3. I avoid going into unnecessary debt.
- \_\_\_ 4. I pay an honest tithe and donate a generous fast offering.
- \_\_\_ 5. I take care of my possessions so they last longer.

## Education

- \_\_\_ 1. I seek formal and informal opportunities to learn.
- \_\_\_ 2. When seeking to gain more education, I look for resources such as scholarships or the Perpetual Education Fund.
- \_\_\_ 3. I welcome exposure to views and opinions that are different from mine.
- \_\_\_ 4. I seek the Spirit to help me discern truth and retain what I learn.
- \_\_\_ 5. I include daily gospel study as part of my education.

## Employment

- \_\_\_ 1. I make efforts to improve my work skills and productivity through seminars and work-sponsored classes.
- \_\_\_ 2. I work well with others, and they trust me.
- \_\_\_ 3. Before job searching, I seek feedback on my résumé and my interviewing skills.
- \_\_\_ 4. I am prayerful and positive while searching for work.
- \_\_\_ 5. I look for opportunities to make new contacts with potential to lead to employment.

## Response Key

**1**=Never, **2**=Sometimes, **3**=Often, **4**=Almost Always, **5**=Always