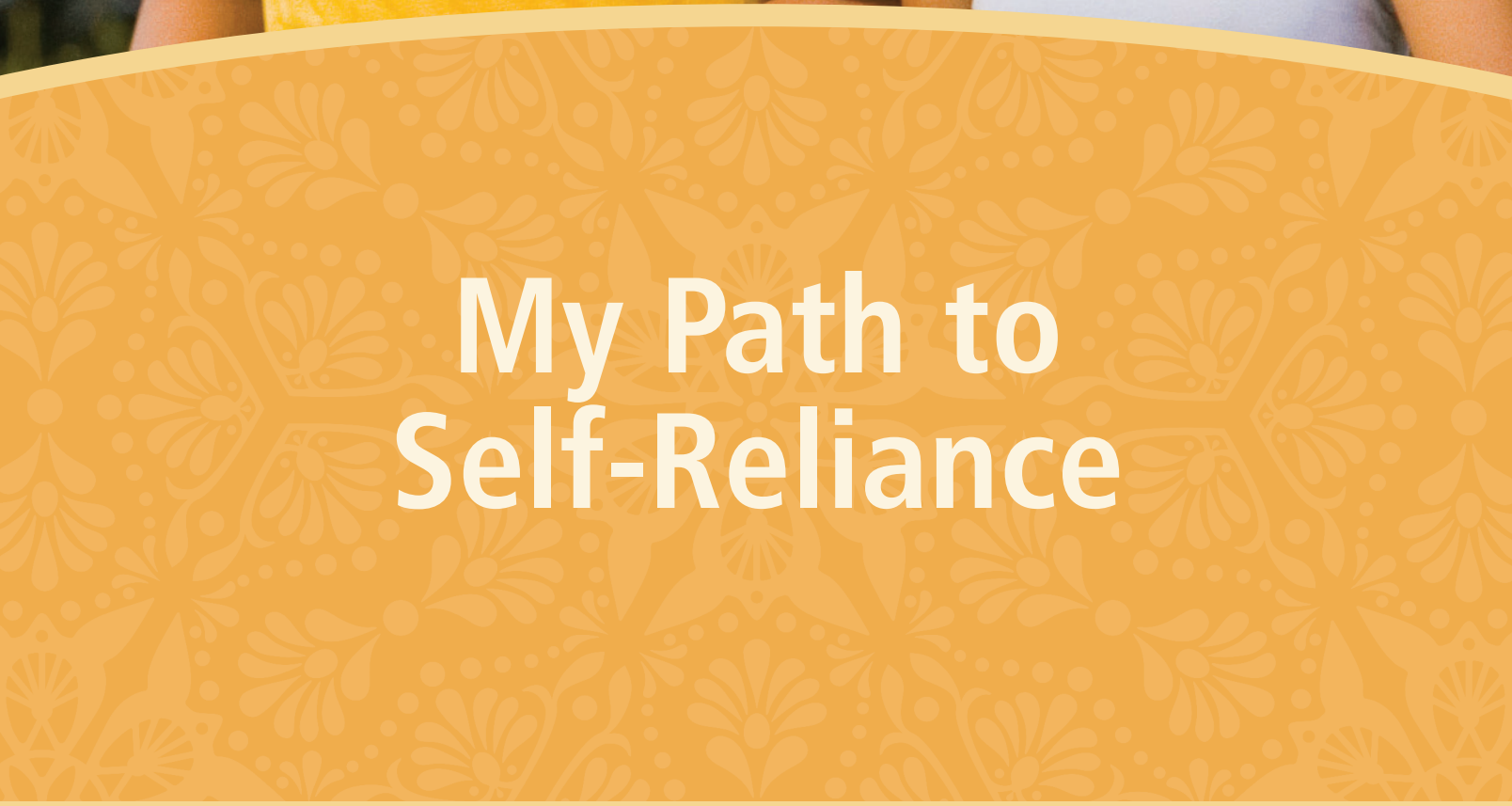




# My Path to Self-Reliance



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

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English approval: 3/15

## FACILITATOR INSTRUCTIONS

*My Path to Self-Reliance* helps members understand their level of self-reliance and create a plan for improvement. This booklet can be used with groups or individuals. For best results, follow the material exactly as written. Encourage all to participate, write in their booklets, and follow the time recommendations. A *My Path* meeting should last about two hours.

For large groups, set up the room with tables for separate groups of three to seven people. Learning comes through small group discussions and the guidance of the Holy Ghost during the personal “Ponder” sections. “Discuss” and “Ponder” sections should last about three minutes each. For “Read” sections, ask someone to read aloud to the group.

Encourage spouses to complete this booklet together. If possible, have the participants complete the self-assessment (pages 4 and 5) prior to the meeting. For each *My Path* meeting, please fill out a survey at [srs.lds.org/report](https://srs.lds.org/report). For more guidance, watch the video “How to Use *My Path*” at [srs.lds.org/videos](https://srs.lds.org/videos).

## WHAT ARE THE BLESSINGS OF SELF-RELIANCE? ⌚ 15 minutes

- Watch:** Watch the video “I Will Provide for My Saints,” available at [srs.lds.org/videos](https://srs.lds.org/videos). (No video? Just continue reading.)
- Practice:** Read the letter from the First Presidency on page 2 and underline the promised blessings.
- Discuss:** Discuss the following with two or three other people: What does the First Presidency say you must do to qualify for each of the promises you underlined?
- Ponder:** Take three minutes to quietly ponder the following:  
Why does Heavenly Father want me to become self-reliant? As I become more self-reliant, how am I becoming like Him?
- Read:** Read Doctrine and Covenants 29:34 (on the right).
- Discuss:** What do you learn from this scripture 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**

## THE SAVIOR WILL HELP ME BECOME SELF-RELIANT ⌚ 10 minutes

- Ponder:** What challenges are keeping me from providing for myself and my family? Write your thoughts here:

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- Read:** Read Matthew 28:18 (on the right).  
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 can do ourselves. Doing the exercises in this booklet is our first step toward greater self-reliance.

*“And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth.”*

**MATTHEW 28:18**

**SELF-RELIANCE ASSESSMENT** ⌚ 20 minutes

**Practice:** This activity helps you measure your temporal and spiritual self-reliance. Be honest in your responses. If you do not know your expenses for step 1, just make your best estimate. Ask for help if needed. You may move to a more private location to complete this exercise if you would like to.

**STEP 1**

**HOW MUCH DO I SPEND?**

Write how much you spend monthly on each item below.

<b>EXAMPLE:</b> Food	<b>300</b>
Tithes, offerings	
Savings	
Food	
Housing	
Water	
Medical expenses	
Transportation	
Educational expenses	
Debt payments	
Clothing	
Electricity/fuel	
Other:	
Other:	
<b>Total monthly expenses</b>	
<b>Current monthly income</b>	

You may not know all of your current expenses. Discuss your expenses with your spouse or family. Start tracking them if you are not already. You will use this information later in two group meetings.

**STEP 2**

**HOW SELF-RELIANT AM I TODAY?**

Mark where you and your family are now.

**EXAMPLE:** We have enough food to eat.

We pay our tithing and fast offerings.

We spend less than we earn; we save money.

We have enough food to eat.

We are protected and safe in our home.

We have enough clean water to drink and use.

We can get medical care when we need it.

We have transportation when we need it.

Our children attend school.

We are free of consumer debt.

We have clean, modest clothes.

We have enough light and fuel.

We believe the Lord will provide for our needs.

We feel and follow the promptings of the Holy Ghost.

We study the scriptures daily.

We pray daily.

We take the sacrament weekly.

We are worthy of a temple recommend.

We sacrifice to serve others.



## HOW CAN I INCREASE MY SPIRITUAL SELF-RELIANCE? ⌚ 10 minutes

**Ponder:** Read Doctrine and Covenants 88:63 and Mosiah 18:10 (on the right).

What one or two things can you change in your life to draw closer to the Lord and have the Holy Ghost with you?

**Practice:** In the box below, write a specific goal for what you would like to change.

My spiritual goal:

To work on my goal, this week I will:

*“Draw near unto me and I will draw near unto you.”*

**DOCTRINE AND COVENANTS 88:63**

*“Keep his commandments, that he may pour out his Spirit more abundantly upon you.”*

**MOSIATH 18:10**

## WHAT ARE MY STRENGTHS? ⌚ 15 minutes

**Ponder:** Write your self-reliant income goal (from page 5) in the box to the right. Do you have the necessary work skills to earn that income?

**Read:** Read Doctrine and Covenants 46:11–12 (on the right).

We all have different talents. For example, some people are good at sales, and some are good at making things. Some people are good at working with others, while other people prefer to work alone.

**Practice:** Think about your own talents. What are you good at? What experiences and strengths do you have? The table on page 7 has some examples. Circle all of the experiences and strengths that apply to you, and write more in the blank spaces.

My self-reliant income goal:

*“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**

EXPERIENCES <i>(Circle some and write more)</i>		STRENGTHS <i>(Circle some and write more)</i>		
Church callings	Construction	Honest	Physically strong	Worthy of temple recommend
Mission	Computers	Faith in Jesus Christ	Intelligent	Hardworking
Parenting/leading youth	Farming/gardening	English speaker	Patient	Mechanical skills
Child care	Food preparation	Good listener	Dependable	Construction skills
Sales	Clothing/crafts	Kind to others	Creative	Cleaning skills
Maintenance/repair	Health care	Good character	Fast learner	Sales skills
Transportation	Teaching	Team builder	Good teacher	Problem solver
Education/certificate	Household management	Good writer	Communicator	Detail-oriented
Serving others	Owning a business	Organizer	Math skills	Initiative

**Read:** The Lord knows us better than we know ourselves. It is important that we learn what strengths He has given us. We do this partly by asking Him in prayer. We can also study our patriarchal blessings and ask friends and family what strengths they recognize in us.

**Practice:** Get with one or two other people. Share an experience of when you have accomplished something meaningful. Ask them to tell you what strengths they think you used to accomplish that task. Did they see a strength that you did not think about? After the others tell you about your strengths, write what you feel are your top strengths.

**MY TOP SPIRITUAL AND TEMPORAL STRENGTHS**

.....

.....

.....

## WHAT WORK COULD GIVE ME THE INCOME I NEED? ⌚ 10 minutes

- Practice:** Write your self-reliant income goal (from page 5) and your spiritual goal (from page 6) again in the boxes to the right.
- Read:** As we discuss jobs and self-employment options, keep in mind your self-reliant income goal. Some jobs pay more than others; think about which options would help you earn your self-reliant income.
- Discuss:** Discuss with the group the best-paying work, the work most in demand, and the work with the best future where you live. Consider how these opportunities will impact your family and Church service. Some examples are listed in the box below. (These may not all be good options in your area.)

My self-reliant income goal:

My spiritual goal:

### JOBS

<i>Hotel maintenance</i>	<i>Computer repair</i>
<i>Cleaning</i>	<i>Street vending</i>
<i>Auto repair</i>	<i>Construction</i>
<i>Health care</i>	<i>Transportation</i>
<i>Product sales</i>	<i>Nursing</i>
<i>Manufacturing</i>	<i>Computer networking</i>
<i>Customer service</i>	<i>Education</i>
<i>Accounting</i>	

### SELF-EMPLOYMENT

<i>Food sales</i>	<i>Construction</i>
<i>Auto cleaning</i>	<i>Transportation</i>
<i>Plumbing</i>	<i>Entertainment</i>
<i>Hair care</i>	<i>Computers</i>
<i>Clothing sales</i>	<i>School/tutoring</i>
<i>Bookkeeping</i>	<i>Farming</i>
<i>Bicycle repair</i>	<i>Raising animals</i>
<i>Street vending</i>	

- Practice:** List two or three jobs or businesses from the options you discussed that could provide your self-reliant income. Consider options that match your strengths and experiences or those that could match later, after you receive training.

### MY TOP WORK OPTIONS

1. ....
2. ....
3. ....



**Read:** One of the best ways to learn about the jobs you're interested in is to talk to people who do that work.

**Discuss:** Do you or anyone in the group know someone that does the work you are interested in? Write their names below and arrange to meet them.

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**Practice:** Circle the questions you would like to ask these people:

- How did you decide to go into this type of work?
- What are the best parts and worst parts of your job?
- What kind of training, education, or work experience is required to get started in this work?
- What range of income could be expected for someone starting in this job?
- Could I follow you for a day to learn about your work?
- Do you know anyone else I could talk to about this work?

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

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**Discuss:** You may not be qualified yet to get your chosen job or to start the business you want. As a group, discuss the schools and training in your area that would help you qualify to do the work that will provide your self-reliant income goal.

**Practice:** List some training or education opportunities that you think are good options and that you would like to learn more about.

*"As a people we rightfully place high priority on secular learning and vocational development. We want and we must excel in scholarship and craftsmanship. I commend you for striving diligently to gain an education and become an expert in your field. I invite you to also become experts in the doctrines of the gospel—especially the doctrine of the priesthood."*

**DIETER F. UCHTDORF,**  
**"Your Potential, Your Privilege," *Ensign* or *Liahona*, May 2011, 59**

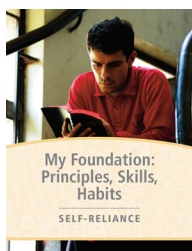
**MY TOP TRAINING OR EDUCATION OPTIONS**

1. ....
2. ....
3. ....

## WHAT IS A SELF-RELIANCE GROUP? ⌚ 5 minutes

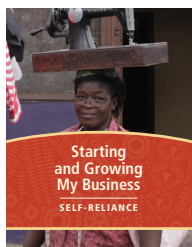
**Read:** Once you decide on the type of work that will help you become self-reliant, the next step is to join a self-reliance group. A self-reliance group focuses on one of three topics: starting and growing a business, finding a good job, or getting needed education.

Self-reliance groups are different from most Church classes, lessons, and workshops. There are no teachers or trainers; instead, group members learn together, encourage one another to act and keep commitments, and counsel together to solve problems. Groups meet 12 times for about two hours each meeting; it's important to attend regularly and be on time. Acting on commitments can take one to two hours per day.



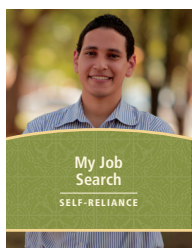
In each group, participants also learn spiritual self-reliance skills using the booklet *My Foundation: Principles, Skills, Habits*. They practice habits that will help them become stronger spiritually and temporally.

## WHAT GROUPS ARE AVAILABLE? ⌚ 5 minutes



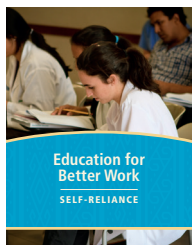
### Starting and Growing My Business

For those who have a business or want to start one. Group members practice record keeping, marketing, and cash management. They also test ways to increase their income through small business experiments.



### My Job Search

For those who have the skills to get a good job. Group members get a job by identifying opportunities, networking, presenting themselves professionally, and preparing for job interviews.



### Education for Better Work

For those who need education or training to get a good job or start a business. Group members identify work that will help them become self-reliant. They find a school or program that leads to that work (such as Pathway—see page 11). Participating in this group results in a school plan and a PEF loan application (if needed).

*Note: These workbooks are not available in all languages. Other self-reliance resources may be available in your area.*

## WHICH SELF-RELIANCE GROUP SHOULD I JOIN? ⌚ 10 minutes

- Ponder:** Take three minutes by yourself to ponder and pray for guidance about which group can help you on your path to self-reliance.
- Practice:** Everyone will now split up into the groups they have chosen. **If you are completing *My Path* during a devotional, 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:** Discuss the day, time, and location of your group meetings. Write this information in the box to the right. If you are completing *My Path* alone, contact your self-reliance resource center for group meeting times.

Day:

Time:

Location:

### NEXT STEPS

I will discuss my self-reliance assessment with my spouse or other family members (see pages 4–5).

I will work on my spiritual self-reliance goal.

I will start tracking my expenses.

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

I will join and attend a self-reliance group.

*“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

### PATHWAY

**Pathway**  
IN PARTNERSHIP WITH BYU-IDAHO

**BYU**  
IDAHO

Pathway is a low-cost educational opportunity offered in partnership with BYU-Idaho. Available in most areas, the program combines online courses with local gatherings. Pathway students earn college credit while improving their English proficiency, spirituality, and marketable skills—including money management, math, and more. The program takes one year to complete (a basic level of English is required to start). To learn more, contact your stake self-reliance specialist or visit [pathway.lds.org](http://pathway.lds.org).

# Self-Assessments

Use the following pages later in your self-reliance group.

## HOW SELF-RELIANT AM I NOW?

Fill out the following assessment during your sixth self-reliance group meeting.

STEP 1	
<b>HOW MUCH DO I SPEND?</b> Write how much you spend monthly on each item below.	
<b>EXAMPLE:</b> <i>Food</i>	<b>300</b>
Tithes, offerings	
Savings	
Food	
Housing	
Water	
Medical expenses	
Transportation	
Educational expenses	
Debt payments	
Clothing	
Electricity/fuel	
Other:	
Other:	
<b>Total monthly expenses</b>	
<b>Current monthly income</b>	

STEP 2
<b>HOW SELF-RELIANT AM I TODAY?</b> Mark where you and your family are now.
<b>EXAMPLE:</b> <i>We have enough food to eat.</i>
We pay our tithing and fast offerings.
We spend less than we earn; we save money.
We have enough food to eat.
We are protected and safe in our home.
We have enough clean water to drink and use.
We can get medical care when we need it.
We have transportation when we need it.
Our children attend school.
We are free of consumer debt.
We have clean, modest clothes.
We have enough light and fuel.
We believe the Lord will provide for our needs.
We feel and follow the promptings of the Holy Ghost.
We study the scriptures daily.
We pray daily.
We take the sacrament weekly.
We are worthy of a temple recommend.
We sacrifice to serve others.



## HOW SELF-RELIANT AM I NOW?

Fill out the following assessment during your 12th self-reliance group meeting.

STEP 1	
<b>HOW MUCH DO I SPEND?</b> Write how much you spend monthly on each item below.	
<b>EXAMPLE:</b> <i>Food</i>	<b>300</b>
Tithes, offerings	
Savings	
Food	
Housing	
Water	
Medical expenses	
Transportation	
Educational expenses	
Debt payments	
Clothing	
Electricity/fuel	
Other:	
Other:	
<b>Total monthly expenses</b>	
<b>Current monthly income</b>	

STEP 2
<b>HOW SELF-RELIANT AM I TODAY?</b> Mark where you and your family are now.
<b>EXAMPLE:</b> <i>We have enough food to eat.</i>
We pay our tithing and fast offerings.
We spend less than we earn; we save money.
We have enough food to eat.
We are protected and safe in our home.
We have enough clean water to drink and use.
We can get medical care when we need it.
We have transportation when we need it.
Our children attend school.
We are free of consumer debt.
We have clean, modest clothes.
We have enough light and fuel.
We believe the Lord will provide for our needs.
We feel and follow the promptings of the Holy Ghost.
We study the scriptures daily.
We pray daily.
We take the sacrament weekly.
We are worthy of a temple recommend.
We sacrifice to serve others.



# MY PATH TO SELF-RELIANCE

**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).



## 1. ASSESS MY NEEDS

Set my self-reliant income goal and spiritual goals.



## 2. CHOOSE MY PATH

Decide how I will become self-reliant.



## 3. JOIN A GROUP

Develop spiritual habits and practical skills in 90 days:

- Start and grow a business,
- Find a better job, or
- Identify needed skills and create an education plan.



## 4. CONTINUE TO ACT

- Keep working to become self-reliant.
- Serve others and help them progress.

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

Doctrine and Covenants 104:15

THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS

**Self-Reliance Services**  
PERPETUAL EDUCATION FUND

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