

Report (15–25 minutes)	My Foundation (20 minutes)	Learn (45 minutes)	Ponder (5 minutes)	Commit (5–10 minutes)
Group members report their progress on the commitments they made in the previous meeting.	Group members have a gospel-centered conversation about a basic doctrinal principle of self-reliance.	Group members learn practical skills related to the course.	This is a quiet time for personal reflection as group members seek help from the Holy Ghost. This is not a time for group discussion and should not be skipped.	Group members make and share specific commitments related to what they learned. They also choose an action partner for support and accountability during the week.