

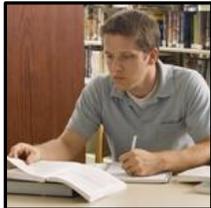
### Elements of Self-Reliance

Self-reliance is the ability, commitment, and effort to provide the necessities of life for ourselves and family. As we become self-reliant, we are also better able to serve and care for others.

Key areas in which individuals and families should become self-reliant are described below.



### Education



Education can enrich, ennoble, and provide understanding that leads to a happier life. We should:

- Study the scriptures and other good books.
- Improve our ability to read, write, and do basic mathematics.
- Obtain skills needed for suitable employment.

### Health



The Lord has commanded members to take care of their minds and bodies. We should:

- Obey the Word of Wisdom
- Eat nutritious food, exercise regularly, and get adequate sleep.
- Shun substances or practices that abuse our bodies or minds and that could lead to addiction.
- Practice good sanitation and hygiene and obtain adequate medical and dental care.
- Strive to cultivate good relationships with family members and others.

## Lesson 2: Welfare Principles

### Employment



Work is the foundation upon which self-reliance and temporal well-being rest. We should:

- Prepare for and carefully select a suitable occupation or self-employment that will provide for our own and our families' needs.
- Become skilled at our jobs,
- Be diligent and trustworthy, and give honest work for the pay and benefits we receive.

### Home Storage



To help care for ourselves and our families, we should:

- Build a three-month supply of food that is part of our normal diet.
- Store drinking water in case the water supply becomes polluted or disrupted.
- Gradually build a longer-term supply of food that will sustain life.

Refer to the welfare guide *All Is Safely Gathered In: Family Home Storage* for more information.

### Finances



To become financially self-reliant, we should:

- Pay tithes and offerings.
- Avoid unnecessary debt.
- Use a budget and live within a plan.
- Gradually build a financial reserve by regularly saving a little.
- Teach family members principles of financial management.

Refer to the welfare guide *All Is Safely Gathered In: Family Finances* for more information.

### Spiritual Strength



Spirituality is essential to a person's temporal and eternal well-being. As Church members, we should:

- Exercise faith in Heavenly Father and Jesus Christ.
- Obey God's commandments.
- Pray daily.
- Study the scriptures and teachings of the latter-day prophets.
- Attend Church meetings.
- Serve in Church callings and assignments.