

Self-Reliance Plan

Use this form to create your self-reliance plan. Your bishop, branch president, Relief Society president, elders quorum president, or other leaders can assist you.

Member Information

Name

Step 1: What are my needs?

Immediate needs may include food, clothing, medical or emotional care, or housing. Longer-term needs may include education or improved employment. Identify your needs in the space below.

Step 2: What are my income and expenses?

Monthly income

| | |
|--|--|
| Income from all household members | |
| Other financial sources (family, others) | |
| Government assistance (financial, food, housing, and so forth) | |
| Total | |

Monthly expenses

| | | | |
|-------------------|--|-------------------|--|
| Tithes, offerings | | Debt payments | |
| Food | | Clothing | |
| Housing | | Electricity, fuel | |
| Water | | Other (specify) | |
| Medical | | Other (specify) | |
| Transportation | | Other (specify) | |
| Education | | Other (specify) | |
| Total | | | |

Expenses that can be reduced or eliminated

| | |
|--------------|--|
| | |
| | |
| | |
| Total | |

Note: The collection and sharing of data is subject to the Church's data privacy policy, which you can view at privacynotice.churchofjesuschrist.org.

Self-Reliance Plan—continued

Name

Step 3: What other resources are available?

Individual resources and skills

Help and resources available from family members (parents, children, siblings, others)

Relevant community resources

Step 4: What is my personal or family plan to become more self-reliant?

As part of your plan, consider participating in a self-reliance group.

| <i>Resources and skills needed to become self-reliant</i> | <i>Steps to be taken</i> | <i>By when</i> |
|---|--------------------------|----------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Step 5: What work or service will I contribute in return for any assistance I may receive?

Ideas to share with the bishop or branch president

After consulting with the bishop or branch president, describe the work or service assignment you will do

Commitment

| | |
|--------------------|------|
| Member's signature | Date |
| Spouse's signature | Date |