

Are You Self-Reliant - Quiz

Answer these question for yourself, do you?

1. Exercise faith in Christ.
2. Pray.
3. Fast.
4. Study the scriptures and the words of the living prophets.
5. Obey the commandments.
6. Attend sacrament meeting and other Church meetings.
7. Provide service to others.
8. Participate in sacred ordinances and strive to keep the associated covenants.
9. Obey the Word of Wisdom
10. Strive to eat nutritious food, exercise regularly, and get enough sleep.
11. Avoid substances and behaviors that are harmful or addictive.
12. Practice good hygiene and receive proper medical care.
13. Develop and strengthen healthy relationships with family and others.
14. Learn to manage stress.
15. Seek help for mental or emotional challenges as needed.
16. Seek learning, even by study and also by faith.
17. Pay tithes and offerings
18. Avoid debt
19. Live within a budget
20. Save for the future
21. Obtain an appropriate education
22. Home Storage & Temporal Preparedness
 - Food
 - Water
 - Other necessities

12 Principles of Self-Reliance

- Exercise Faith in Jesus Christ (D&C 104:15)
- Use Time Wisely (Alma 34:32)
- Be Obedient (D&C 130:20–21)
- Manage Money (D&C 104:78)
- Work: Take Responsibility (D&C 42:42; 2 Nephi 2:16, 26)
- Solve Problems (Ether 2:18–19, 23; 3:1, 4)
- Become One, Work Together (Moses 7:18; D&C 104:15–17)
- Communicate: Petition and Listen (D&C 8:2)
- Persevere (Hebrews 12:1; D&C 58:4)
- Show Integrity (Mosiah 4:28; Job 27:5; Articles of Faith 1:13)
- Seek Learning and Education (D&C 88:118–119)
- Stay On Task, Receive Ordinances (D&C 84:20; D&C 136:4; 1 Nephi 18:2–3)