

# Self-Reliance Assessment

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*Whatever principle of intelligence we attain unto  
in this life, it will rise with us in the resurrection.*

”

Doctrine and Covenants 130:18

Name:	
Ward/Stake:	



Check this box to give permission to your Church leaders to share with appropriate persons.

## #1 Personal Assessment

	Never	Rarely	Sometimes	Often	Always
I have the skills to provide for my needs.					
I have a budget and follow it.					
I save money.					
I am free of debt (except education or a home).					
My life is centered on things that matter most.					
I pray and study the scriptures daily.					
I feel daily promptings from the Spirit in my life.					
I pay tithing and fast offerings.					
I take the sacrament weekly.					
I am worthy of a temple recommend.					
I have a job or work that provides for my needs.					
I meet my needs without depending on government programs.					
I pay my monthly rent or mortgage.					
I get adequate medical care.					
My children have access to education.					
I am able to serve others in their time of need.					

## #2 Financial Assessment

NOTE: If you are receiving assistance for any expenses, do not include them in Step 1. 	STEP 1 HOW MUCH DO I SPEND?  Write how much you spend monthly on each item below.	STEP 2 HOW MUCH DO I NEED TO BE SELF-RELIANT?  We become self-reliant when we can answer "always" to the statements in Step 2. Estimate what you would need to spend each month to answer "always".	STEP 3 WHAT IS THE GAP?  Understand where I am and where I want to be.
<b>EXAMPLE: Food</b>	<b>300</b>	<b>700</b>	<b>400</b>
Tithes, Offerings			
Savings			
Food			
Housing			
Water			
Medical Expenses			
Transportation			
Educational Expenses			
Debt Payments			
Clothing			
Electricity/Fuel			
Other:			
Other:			
Total Monthly Expenses:		Total Self-Reliance Expenses:	
Current Monthly Income:		My Self-Reliant Income Goal:	
		Ponder what it would be like if you could answer "always" to all these statements.	

## #3 Skills Assessment

**Exercise:** Circle all of the experiences and strengths that apply to you, and write more in the blank spaces.

EXPERIENCES (Circle some and write more)		STRENGTHS (Circle some and write more)		
Church Callings	Construction	Honest	Computer Literate	Analytical
Mission	Computers	Faith in Jesus Christ	Good Memory	Hardworking
Fixing Cars	Farming/Gardening	English Speaker	Patient	Mechanical Skills
Child Care	Food Preparation	Good Listener	Dependable	Construction Skills
Sales	Sewing	Kind to Others	Creative	Cleaning Skills
Maintenance/Repair	Health Care	Negotiator	Positive Attitude	Sales Skills
Transportation	Teaching	Team Player	Good Teacher	Problem Solver
Education/Certificate	Bookkeeping	Good Writer	Communicator	Detail-Oriented
Serving Others	Owning a business	Organizer	Math Skills	Agricultural Skills

### MY TOP SPIRITUAL AND TEMPORAL STRENGTHS

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“ 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

## #4 Opportunity Assessment

JOBS/SELF-EMPLOYMENT		
<ul style="list-style-type: none"> <li>• Finance Bookkeeper</li> <li>• Software Developer</li> <li>• Plumber</li> <li>• Electrician</li> <li>• Boilermaker</li> <li>• Health/Safety Officer</li> <li>• Hairdresser</li> <li>• Beautician</li> <li>• Millwright</li> <li>• Auto Mechanic</li> </ul>	<ul style="list-style-type: none"> <li>• Web Design</li> <li>• Diesel Mechanic</li> <li>• Information Technology</li> <li>• Auto Electrician</li> <li>• Carpenters</li> <li>• Painters</li> <li>• Small Engine Mechanic</li> <li>• Refrigeration</li> <li>• Nursing</li> <li>• Teaching</li> </ul>	<ul style="list-style-type: none"> <li>• Accounting</li> <li>• Rigger</li> <li>• Welder</li> <li>• Computer Science</li> <li>• Teaching</li> <li>• Engineer (Electrical, Software, Data)</li> <li>• Technician (Mechanical, Instrument, AirCon)</li> </ul>

The list above includes examples of work that may be “in demand” in your community. Discuss potential work ideas with someone, and list two or three jobs or businesses that could provide a self-reliant income. Consider options that match your strengths.

### MY TOP WORK OPTIONS

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## What's Next?

- Share this assessment with your Church leaders or a trusted friend.
- Discuss with someone the education/training opportunities you want to pursue.
- Begin networking with friends, ward members and others about your job interest.

