

MY PERSONAL SELF-RELIANCE KIT

(check any that apply)

- | | |
|---|---|
| <input type="checkbox"/> obey the Word of Wisdom | <input type="checkbox"/> gain a testimony |
| <input type="checkbox"/> eat nutritious food | <input type="checkbox"/> become converted |
| <input type="checkbox"/> exercise regularly | <input type="checkbox"/> attend church meetings |
| <input type="checkbox"/> have healthy body image | <input type="checkbox"/> accept & magnify callings |
| <input type="checkbox"/> get enough sleep | <input type="checkbox"/> exercise faith in Heavenly |
| <input type="checkbox"/> wake up earlier | Father & Jesus Christ |
| <input type="checkbox"/> shun addictive behaviors | <input type="checkbox"/> obey commandments |
| <input type="checkbox"/> have good hygiene | <input type="checkbox"/> pray daily (multiple times) |
| <input type="checkbox"/> build good relationships
with family | <input type="checkbox"/> participate in general
conference |
| <input type="checkbox"/> build good relationships
with friends | <input type="checkbox"/> attend the temple often |
| <input type="checkbox"/> study scriptures diligently | <input type="checkbox"/> learn to cook |
| <input type="checkbox"/> read wholesome books | <input type="checkbox"/> utilize the atonement |
| <input type="checkbox"/> obtain formal education | <input type="checkbox"/> serve others |
| <input type="checkbox"/> develop a desire to learn | <input type="checkbox"/> complete Personal
Progress |
| <input type="checkbox"/> develop talents | <input type="checkbox"/> follow the prophet |
| <input type="checkbox"/> learn new skills through
working | <input type="checkbox"/> strengthen testimony &
conversion |
| <input type="checkbox"/> be honest with others | |
| <input type="checkbox"/> be trustworthy | |
| <input type="checkbox"/> be dependable | |
| <input type="checkbox"/> learn to enjoy work | |
| <input type="checkbox"/> learn about food storage | |
| <input type="checkbox"/> stay out of debt | |
| <input type="checkbox"/> always pay tithes & offerings | |
| <input type="checkbox"/> learn to budget | |
| <input type="checkbox"/> create savings now | |

