

## Instructions: Using the Self-Reliance Plan Forms

THE CHURCH OF  
**JESUS CHRIST**  
OF LATTER-DAY SAINTS

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**Self-Reliance Plan form.** Members complete this form on their own or with the assistance of Relief Society president, Elders Quorum president, or other leaders, including ministering brothers and sisters. The form helps members assess their needs, income, and expenses; identify available resources; identify service they can give in return for assistance received; and develop their own plan for becoming more self-reliant. Bishops and Branch Presidents then review and modify the plan before approving assistance to be provided. To learn how to fill out the forms, please see filled sample forms.

**Bishop’s Guide to the Self-Reliance Plan.** Bishops and Branch Presidents use this form to plan and track welfare assistance and to follow-up on members’ personal self-reliance plans (see Step 4 in “Self-Reliance Plan” form.)

Bishops and Branch Presidents are admonished to seek out those in need. Members in need are often identified by their ministering brothers and sisters, other Church members or leaders, or the bishop. They may also seek the bishop’s help themselves.

**The Elders Quorum and Relief Society Presidency** plays a key role in identifying Members in need and helping them to become more self-reliant. Before meeting with the Member, the Bishop or Branch President may invite a member of the Elders Quorum and/or the Relief Society Presidency to help the Member complete a “Self-Reliance Plan” form. Elders Quorum and Relief Society leaders have primary responsibility for Members long-term self-reliance.

After the “Self-Reliance Plan” form is filled in, the Bishop or Branch President meets with the member in need to discuss the challenges he/she is facing. By reviewing this plan, the Bishop or Branch President can better understand how to provide effective welfare assistance. The Bishop or Branch President, or an assigned leader, follows up regularly with the member to discuss additional needs, concerns, and progress made on the Plan.

The forms and other training materials are available online in the following locations:

- In Armenia: [www.hqvose.am](http://www.hqvose.am) – Տարածաշրջանի Այուրօր – Բարեկեցութիւն
- In Bulgaria: [www.lds.bg](http://www.lds.bg) – Област Източна Европа – Благоденствие
- In Estonia: [www.jeesusekristusekirik.ee](http://www.jeesusekristusekirik.ee) – Liikmete vahendid – Heaolu
- In Latvia: [www.jezuskristusbaznica.lv](http://www.jezuskristusbaznica.lv) – Materiāli – Labklājība
- In Lithuania: [www.lds.lt](http://www.lds.lt) – Krašto informacija – Gerovės
- In Moldova: [www.mormonii.md](http://www.mormonii.md) – Zona Europa – Bunăstare and  
[www.mormoniiru.md](http://www.mormoniiru.md) – Европейский регион – Благосостояние
- In Russia: [www.lds.ru](http://www.lds.ru) – Материалы – Благосостояние
- In Ukraine: [www.ldschurch.com.ua](http://www.ldschurch.com.ua) – Матеріали – Благополуччя