

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

Member Information

Member's 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 / Utilities		Phone / Internet	
Medical		Other (specify)	
Transportation		Other (specify)	
Education		Other (specify)	
Total			

Expenses that can be reduced or eliminated

Total	

Balance	"Monthly income" minus "Monthly expenses" plus "Expenses that can be reduced or eliminated"	
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Note: The collection and sharing of data is subject to the Church's data privacy policy, which you can view at [lds.org/privacy](https://www.lds.org/privacy).

Self-Reliance Plan—continued

Member's 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

