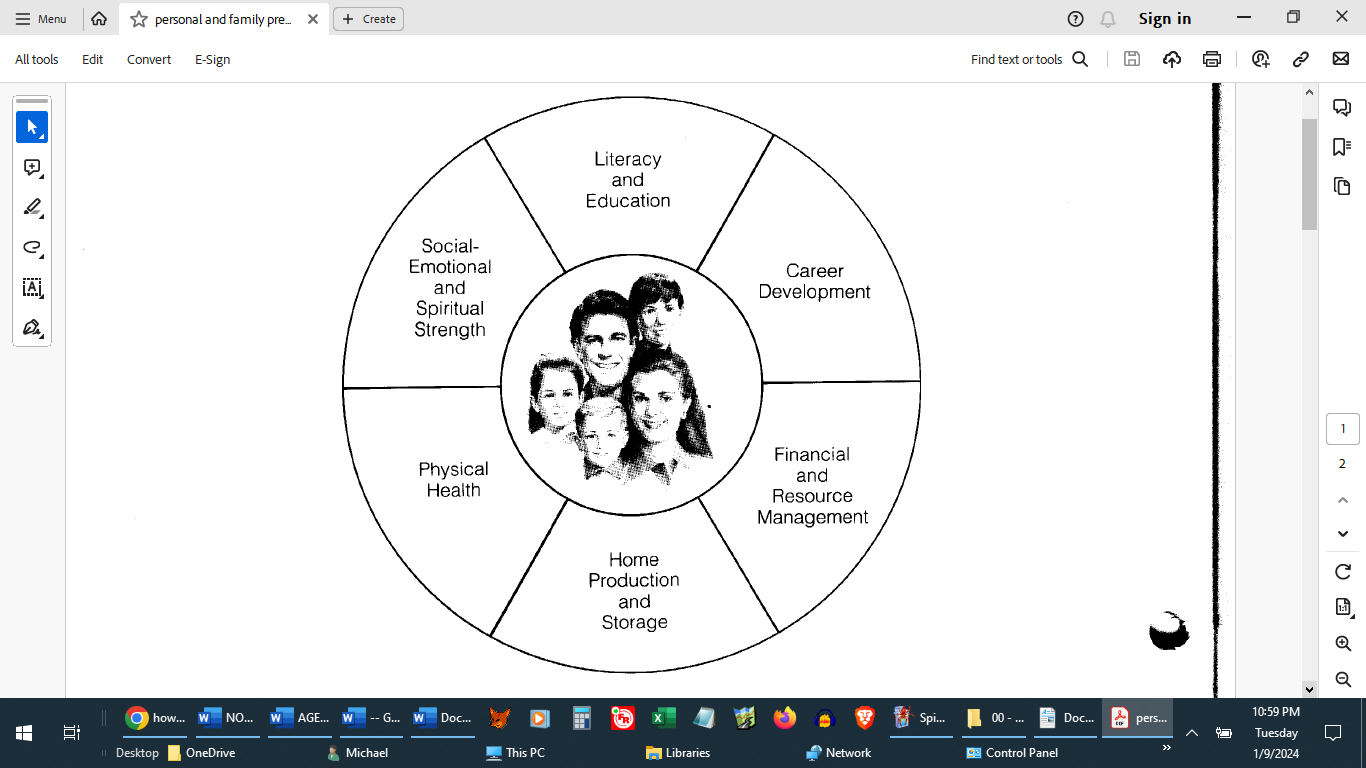
Personal and Family Preparedness Wheel



"All things unto me are spiritual, and not at any time have I given unto you a law which was temporal" (D&C 29:34). "When we speak of [personal and] family preparedness, we should speak of foreseen, anticipated, almost expected needs which can be met through wise preparation. Even true emergencies can be modified by good planning" (Bishop H. Burke Peterson, "The Family in Welfare Services," Welfare Services Meeting, April 1975, p. 4).

Literacy and Education

Standard: To the extent of his capacity, each person is able to read, write, and do basic mathematics. He regularly studies the scriptures and other good books. Parents teach these skills and habits to family members, and both parents and children take advantage of educational opportunities.

(See D&C 88:77-80, 118; 90:15; 130:18-19.)

Career Development

Standard: Each young person receives counsel to help select a career in which he can use his talents and skills in meaningful employment. Each person selects a suitable vocation and becomes proficient through appropriate

training.

Financial and Resource Management

Standard: Each person establishes financial goals, pays tithes and offerings, avoids debts, pays obligations, uses family resources wisely, and saves during times of plenty for times of need. (See D&C 42:54; 104:78-79; 119:5-6; Isaiah 58:6-8

Home Production and Storage

Standard: Each person or family produces as much as possible through gardening, sewing, and making household items. Each person and family learns techniques of home canning, freezing and drying foods, and, where legally permitted, stores a one-year supply of food, clothing, and, if possible, fuel. (See 1 Timothy 5:8; D&C 38:30.)

Physical Health

Standard: Each person obeys the Word of Wisdom and practices sound principles of nutrition, physical fitness, accident prevention, weight control, immunization, sanitation, mother and child health, dental health, and medical care. Members live in a healthy and clean environment. In addition, each member acquires appropriate skills in first aid and safety, home nursing, and food selection and preparation. (See D&C 88:124; 89.)

Social-Emotional and Spiritual Strength

Standard: Each person builds spiritual strength to meet life's challenges with confidence and stability by learning to love God and communicate with him in personal prayer, to love and serve his neighbor, and to love and respect himself through righteous living and self-mastery. Social-emotional and spiritual strength is increased by living the principles of the gospel.

PERSONAL AND FAMILY PREPAREDNESS STANDARDS

Instructions

Devote a family home evening (or, if single, devote an hour or more) to developing a personal and family preparedness plan: (1) Establish a goal in one or more of the six headings (a few possible goals are listed); (2) list the major steps required to reach your goal and the date when you intend to achieve your goal. Carry out the steps to reach each goal. When you have achieved one of your goals, work to achieve another.

A Few Possible Goals.

Steps for Accomplishing Your Goals and Date for Completion.

Include both personal and family goals.

1. Literacy and Education

a. Obtain a copy of the standard works for each family member.

b. Study the scriptures regularly.

c. Read good books regularly.

d. Use the local public library and take advantage of special seminars, conferences, and courses.

e. Take advantage of on-the-job training opportunities.

f. Other:

2. Career Development

a. Improve your job skills.

b. Learn a trade or profession.

c. Outline and follow a plan to prepare for your career.

d. Plan to perform your job well.

e. Teach children useful skills and to enjoy work.

f. Other:

3. Financial and Resource Management

a. Pay a full tithing, a generous fast offering, and other offerings.

b. Properly budget your money.

c. Live within your income.

d. Plan major purchases, avoiding credit purchases.

e. Work toward home ownership.

f. Get out of debt.

g. Have a savings plan.

h. Provide financial security for times of disability and advanced age.

i. Take better care of your possessions.

j. Other:

4. Home Production and Storage

a. Plant and care for a garden.

b. Learn techniques of home canning, drying, and freezing foods.

c. Preserve home-grown products.

d. Where legally permitted, store a one-year supply of basic food, clothing, and, where possible, fuel. e. Store an emergency supply of water.

Other:

5. Physical Health

a. Observe the Word of Wisdom.

b. Maintain proper weight and endurance through regular exercise, adequate rest, and a balanced diet.

c. Improve or maintain personal and home sanitation (water, waste disposal, food, etc.).

d. Practice preventive measures to preserve good health.

e. Learn and practice home health skills (first aid, home nursing, mother and child care).

f. Other:

6. Social-Emotional and Spiritual Strength

a. Read the scriptures daily.

b. Have personal and family prayer morning and night.

c. Repent of wrongdoing.

d. Attend Church meetings regularly and participate in Church activities.

e. Hold family home evening weekly.

f. Perform frequent acts of service to family members and others.

g. Other:

Emergency Preparedness

Part of personal and family preparedness activityies should be devoted to preparing for emergencies.

Rescue, first aid, and other survival skills should be taught. In addition to, or as part of their supply of food, clothing, water and fuel, members should prepare an emergency kit of food, clothing, water, and first aid supplies.

Important family documents and other valuable should be properly stored and easily accessible.

Questions for Self-Study or Discussion

1. What is the Church policy on buying and selling commodities for storage purposes?
2. Given local conditionsk what are practical ways to store a supply of food, clothing and fuel?
3. What can you do personally to improve in each area of personal and family preparedness?
4. How many families have received a Personal and Family Preparedess and Standards Worksheet?