

Self-Reliance Resources Resources

Self-Reliance Services

<https://www.churchofjesuschrist.org/self-reliance?lang=eng>

Course Material

My Path

Stakes or wards hold regular *My Path to Self-Reliance* devotionals. These devotionals start members on the path to self-reliance by helping them understand the importance of self-reliance, assess their current level of self-reliance, determine the skills and income needed to become temporally self-reliant, and select the self-reliance group that will help them reach that goal. The *My Path to Self-Reliance* workbook facilitates this process. *My Path to Self-Reliance* can also be used individually, with a priesthood leader, with a self-reliance specialist, or in a self-reliance center.



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Video Resources

- [I Will Provide for My Saints](#)
- [The Power of the Group](#)
- [Choosing a Self-Reliance Group](#)

My Foundation

My Foundation has been prepared to help members of the Church learn and put into practice principles of faith, education, hard work, and trust in the Lord. Accepting and living these principles will better enable you to receive the temporal blessings promised by the Lord.



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Video Resources

Self-Reliance is a Principle of Salvation

- [He Polished My Toe](#)
Exercise Faith in Jesus Christ
- [Exercise Faith in Jesus Christ](#)
Manage Money
- [First Things First!](#)
Repent and Be Obedient
- [Obedience Brings Blessings](#)
Use Time Wisely
- [The Gift of Time](#)
Work: Take Responsibility and Persevere
- [Sedrick's Journey](#)
Solve Problems
- [A Bigger Truck](#)
Become One, Serve Together
- [In The Lord's Way](#)
Communicate: Petition and Listen
- [Creating Lift](#)
Show Integrity
- [What Shall a Man Give in Exchange for His Soul?](#)
Seek Learning: Resolve Where You Are Going and How to Get There
- [Education for a Better Life](#)
Receive Temple Ordinances
- [Doing What Matters Most](#)
Live a Balanced Life
- [Of Regrets and Resolutions](#)

Emotional Resilience

This workbook has been prepared to help members of the Church learn and put into practice principles of faith, education, hard work, and trust in the Lord. Accepting and living these principles will better enable you to receive the temporal blessings promised by the Lord.



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Video Resources

Chapter 1: Building Emotional Resilience

- [My Self-Reliance Group](#) [4:01]
- [Exercise Faith in Jesus Christ](#) [1:43]
- [He Is Building a Palace](#) [1:19]
- [Mountains to Climb](#) [5:05]
- [Grateful in Any Circumstance](#) [1:06]

Chapter 2: Healthy Thinking Patterns

- [Our True Identity](#) [3:39]
- [Am I Good Enough?](#) [3:28]

Chapter 3: Our Body and Emotions

- [God's Greatest Creation](#) [2:51]

Chapter 4: Managing Stress and Anxiety

- [The Gift of Time](#) [2:26]
- [Reach Up to Him in Faith](#) [3:54]
- [Perfectionism: Will I Ever Be Good Enough?](#) [4:34]

Chapter 5: Understanding Sadness and Depression

- [Of Regrets and Resolutions videos](#) [1:25]
- [Like a Broken Vessel Part 1](#) [1:38]
- [Hope Ya Know, We Had A Hard Time](#) (Watch from 12:38 to 15:43)
- [Like a Broken Vessel Part 2](#) [1:46]

Chapter 6: Overcoming Anger

- [A Bigger Truck?](#) [0:58]
- [Forgiveness: My Burden Was Made Light](#) [8:24]

Chapter 7: Managing Addictive Behaviors

- [What Shall a Man Give in Exchange for His Soul?](#) [2:04]
- [What Is Addiction?](#) [1:31]
- [What Is Addiction Recovery?](#) [2:08]
- [What I Know Now: Spouses](#) [3:52]
- [What I Know Now: Parents](#) [3:55]
- [Adolescent Addiction](#) [2:18]

Chapter 8: Building Healthy Relationships

- [Creating Lift](#) [1:55]
- [Enduring Love](#) [4:16]

Chapter 9: Providing Strength to Others

- [In the Lord's Way](#) [1:55]
- [What Matters Most](#) [1:35]

Chapter 10: Moving Forward with Faith

- [Doing What Matters Most](#) [1:41]
- [Come What May, and Love It](#) [3:31]

Personal Finances

For those who want better control over their finances. Group members will learn how to eliminate debt, protect against financial hardship, and invest in the future. They will create a financial plan and follow a budget. Spouses are encouraged to attend together. This workbook includes the booklet *My Foundation for Self-Reliance*.



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Video Resources

Chapter 1: Becoming a Wise and Faithful Steward

- [My Self-Reliance Group](#)

Chapter 2: Becoming Unified in Our Approach to Finances

- [Family Councils](#)

Chapter 3: Paying Tithes and Offerings

- [Widow of Zarephath](#)

Chapter 4: Creating a Budget

- [Continue in Patience](#)

Chapter 5: Sticking to a Budget

- [The Envelope System](#)
- [Digital Systems](#)

Starting and Growing My Business

This self-reliance group will help you learn to make wise business decisions as you start or grow a business. The goal of this group is not only to help you with your business; it is also to help you act in greater obedience and faith in the Lord and receive His promised blessings of temporal and spiritual self-reliance. Members learn key business skills such as identifying customer needs, finding customers, and keeping good business records. This workbook includes the booklet *My Foundation for Self-Reliance*.



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Marketing Resources

- [Developing a Brand for Your Small Business](#)
- [Tips for Creating a Website for Your Small Business](#)

Video Resources

Chapter 1: My Readiness for Business Success

- [My Self-Reliance Group](#)
- [Keeping Commitments Leads to Growth](#)

Chapter 2: Solving Unmet Customer Needs

- [Why Do People Buy?](#)
- [Unmet Needs](#)
- [Competitive Advantage](#)

Chapter 3: Ensuring That I Have a Profitable Business

- [Would I Want This Business?](#)

Chapter 5: Keeping Customers

- [Adjusting to Market Change](#)

Chapter 7: Keeping Separate My Business and Personal Money

- [Opportunity of a Lifetime? Part 1](#)
- [Opportunity of a Lifetime? Part 2](#)
- [Opportunity of a Lifetime? Part 3](#)

Find a Better Job

For those who are looking for work or a better job. Group members will learn to identify opportunities, network, present themselves professionally, and prepare for job interviews. They will also set goals for contacts and interviews. This workbook includes the booklet *My Foundation for Self-Reliance*.



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Video Resources

Chapter 1: The Fundamentals

- [My Self-Reliance Group](#)
- [It Was a Miracle](#)

Chapter 2: Networking

- [How Jobs are Really Filled](#)
- [Basketball Got Me a Job](#)

Chapter 3: Match Your Skills to the Employer's Needs

- [The 16th Time is the Charm](#)

Chapter 4: Power Statements

- [The Power of Power Statements](#)

Chapter 5: Better Written Materials

- [Better Written Materials](#)

Chapter 6: Nail the Interview Part 1

- [The Interview](#)

Chapter 7: Nail the Interview Part 2

- [Amy Nails Her Interview](#)

Chapter 8: Practice Interviews

- [Practice Interview Example](#)
- [Practice Makes Perfect](#)

Chapter 9: Accelerate Your Job Search

- [Josh Works Smart](#)
- [Rafael: Job in 6 Days!](#)

Chapter 10: Succeed at Work

- [Keep it Simple](#)
- [Growing](#)

Education for Better Work

For those who need additional education or training to get a job. Group members will research, create, and present career and education plans. They will also spend time each week practicing skills that will help them be more effective learners. This workbook includes the booklet *My Foundation for Self-Reliance*.



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Video Resources

Chapter 1: The Glory of God is Intelligence

- [My Self-Reliance Group](#)

Chapter 2: Prepare for Success

- [Patterns of Lights: Spirit of Revelation](#)

Chapter 5: Choose a Program of Study

- [Good, Better, Best](#)

Chapter 8: Create an Environment for Success

- [Good Things to Come](#)

Perpetual Education Fund

This lesson is intended for potential Perpetual Education Fund participants, but it can also be used to help current participants, if appropriate. It can be offered in a group setting or one-on-one.



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EnglishConnect

EnglishConnect brings together English language learners, instructors, volunteers, and Church leaders to create an English learning program for all of God's children. The program includes both face-to-face and online courses that also provide opportunities to learn more about the Church if learners choose to do so.



[Learn more](#)

Life Skills

For older youth and young single adults, *Life Skills for Self-Reliance* contains the most applicable content from three self-reliance manuals (*Personal Finances*, *Find a Better Job*, and *Education for Better Work*). This group helps participants research career and education opportunities, find and obtain employment, and learn how to manage their money. It will prepare them for missions, future education, military service, and work after high school. This manual also includes the booklet *My Foundation for Self-Reliance*.



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All My Foundation Video Resources

Chapter 1: Prepare for Success

- [Patterns of Lights: Spirit of Revelation](#)

Chapter 2: Create an Environment for Success

- [Good Things to Come](#)

Chapter 5: Networking

- [How Jobs Are Really Filled](#)
- [Basketball Got Me a Job](#)

Chapter 6: Power Statements

- [The Power of Power Statements](#)

Chapter 7: Nail the Interview, Part 1

- [The Interview](#)

Chapter 8: Nail the Interview, Part 2

- [Amy Nails Her Interview](#)

Chapter 11: Sticking to a Budget

- [The Envelope System](#)
- [Digital Systems](#)