

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

*John and Jane Jones*

**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.

*We are a family with 3 children. We can't afford to pay rent and utilities for our three room apartment. My husband needs to find a better paying job.*

**Step 2: What are my income and expenses?**

**Monthly income**

Income from all household members	<i>346 + 163 = 509</i>
Other financial sources (family, others)	<i>none</i>
Government assistance (financial, food, housing, and so forth)	<i>66</i>
<b>Total</b>	<i>575</i>

**Monthly expenses**

Tithes, offerings	<i>66</i>	Debt payments	<i>23</i>
Food <i>(including hygiene and household items)</i>	<i>300</i>	Clothing	<i>15</i>
Housing / Utilities	<i>341</i>	Phone / Internet	<i>20</i>
Medical	<i>25</i>	Other (specify)	<i>20</i>
Transportation	<i>31</i>	Other (specify)	
Education <i>(music school and sports club for kids)</i>	<i>28</i>	Other (specify)	
<b>Total</b>	<i>869</i>		

**Expenses that can be reduced or eliminated**

<i>Optimize food and household expenses</i>	<i>41</i>
<i>Music and sports club for kids (take a break)</i>	<i>28</i>
<i>Housing / Utilities (move to a smaller, two-bedroom apartment)</i>	<i>69</i>
<b>Total</b>	<i>138</i>
<b>Balance</b>	<i>"Monthly income" minus "Monthly expenses" plus "Expenses that can be reduced or eliminated"</i> <i>-156</i>

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

*John and Jane Jones*

**Step 3: What other resources are available?**

Individual resources and skills

*Jane – I have experience in cleaning apartments and in cooking. I have additional 8 hours per week for a second job. John – I'm a very good repairman and I have a driver's license.*

Help and resources available from family members (parents, children, siblings, others)

*My sister can send us 20 each month. My oldest son who is 16 y.o. can start working as a courier or cleaning at a restaurant. Expected income – 92 per month.*

Relevant community resources

*Employment center - training courses and job search coaching.  
Center for social protection - resources for families with three or more children*

**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.

<b>Resources and skills needed to become self-reliant</b>	<b>Steps to be taken</b>	<b>By when</b>
<i>John and Jane - Improve resume and job searching skills</i>	<i>Attend Accelerated Job Search group. Network through ward council.</i>	<i>Complete group in 6 weeks</i>
<i>John and oldest son - network to find work.</i>	<i>Present work interest to friends and acquaintances, reseach job websites</i>	<i>Two weeks from now.</i>
<i>A less expensive apartment to rent, potentially in a different area of town.</i>	<i>Talk to EQ and RS. Research the availability of less-expensive apartments.</i>	<i>By the end of the month</i>
<i>Government social resources.</i>	<i>Discover all available government social resources for the family.</i>	<i>By the end of the month</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

*Help a family in our ward to babysit their child. Help clean the chapel. Help elderly members with cleaning and repairs. Help needy family cook.*

After consulting with the bishop or branch president, describe the work or service assignment you will do

*For the next two months: Help clean the chapel every second and forth Saturday of the month. Cook dinner for Shevchenko family once a week. Help 5 elderly members with cleaning and small repairs.*

**Commitment**

Member's signature	<i>John Jones</i>	Date	<i>July 28</i>
Spouse's signature	<i>Jane Jones</i>	Date	<i>July 28</i>

1. Invite the member to complete a Self-Reliance Plan.
2. Invite leadership from the Relief Society and elders quorum to help the member with his or her plan, if needed.
3. After reviewing the member's completed plan, determine the nature of needed Church assistance, if any. See *Handbook 1: Stake Presidents and Bishops (2010)*, 5.2.

### Member Information

Member's name

*John and Jane Jones*

### Evaluate the Member's Needs and Identify Any Assistance to Provide

Members who are unable to meet basic needs through their own efforts, their extended family, or community resources may need Church assistance. Use the table below to keep a record of any assistance provided.

<b>Date</b>	<b>Type of assistance (if any)</b>	<b>Amount or duration</b>
<i>July 29</i>	<i>Rent and utilities</i>	<i>294 for 1 month</i>
<i>August 26</i>	<i>Rent and utilities</i>	<i>267 for 1 month</i>
<i>September 30</i>	<i>Rent (partial payment)</i>	<i>206 for 1 month</i>
<i>October 28</i>	<i>Utilities</i>	<i>137 for 1 month</i>

**Bishop's Guide to the Self-Reliance Plan—continued**

Member's name

*John and Jane Jones*

**Follow Up on the Member's Self-Reliance Plan**

1. Meet periodically with the member to review the self-reliance plan and follow up on commitments.
2. Consider inviting the member to participate in self-reliance groups.

<b>Date</b>	<b>Progress achieved</b>	<b>Next step</b>
<i>July 29</i>		<i>Start Accelerated Job Search self-reliance group. Find a new apartment. Reduce food and other expenses.</i>
<i>August 26</i>	<i>Started Accelerated Job Search self-reliance group. Found a few new apartments to look at. Kids took a break in attending music school and sports club.</i>	<i>Continue self-reliance group and apartment search. Clean the meetinghouse once every two weeks. Clean and cook once a week for assigned families. Continue reducing expenses.</i>
<i>September 30</i>	<i>Cleaned the meetinghouse. Cleaned and cooked for Shevchenko family. Helped with small repairs. Reduced food and household expenses to 260 per month. Sister sent 20.</i>	<i>Finish self-reliance group. Finalize on the new apartment. Clean and cook once a week for assigned families. Accelerate job search.</i>
<i>October 28</i>	<i>Moved into a new apartment. Ivan found a better job. His son found part-time work. Will be able to have enough to cover all of their expenses.</i>	<i>Attend Personal Finances self-reliance group.</i>

Note: Because the Church does not employ the member, avoid recording progress as you would a time sheet at a job.