

PHYSICAL HEALTH GOALS:

SOCIAL WELL-BEING GOALS:

EMOTIONAL WELL-BEING GOALS:

SELF-RELIANCE PLANNER

*Self-reliance means using all of our blessings from Heavenly Father to care for ourselves and our families and to find solutions for our own problems. Each of us has a responsibility to try to avoid problems before they happen and to learn to overcome challenges when they occur.*

*We become self-reliant through obtaining sufficient knowledge, education, and literacy; by managing money and resources wisely, being spiritually strong, preparing for emergencies and eventualities; and by having physical health and social and emotional well-being.*

GOALS TO PREPARE FOR EMERGENCIES AND EVENTUALITIES

SPIRITUAL STRENGTH GOALS:

GOALS TO MANAGE MONEY AND RESOURCES WISELY

GOALS FOR KNOWLEDGE, EDUCATION, AND LITERACY