

Principles for Perfecting Our Lives Through Self-Reliance and Service to Others

BARRIERS to Self-Reliance:	GATEWAYS to Self-Reliance:
Idleness	Industry and Work
Spending Freely	Thrift, Saving, Budgeting
Breaking the Commandments	Obeying the Word of Wisdom, Keeping the Commandments, Paying an Honest Tith
Indifference to Home Storage	One Year's Supply of Food, Clothing and Where Possible, Fuel
No Home Food Production	Producing Food at Home
Debt and Interest Payments	Avoiding Debt (when possible) and Developing Financial Stability
Apathy about job skills	Improving Job Skills
Negative Attitudes	Attaining Physical, Emotional and Social Health

BARRIERS to Service to Others Are:	GATEWAYS to Service to Others Are:
Thinking Only of Self and Your Immediate Family	Thinking of Others
Being Afraid to Share	Sharing what you have as you can
Keeping Possessions to Yourself	Giving a Generous Fast Offering
"Over-helping" People Who Could Help Themselves, Causing Dependence	Helping People to Help Themselves (Building Self-Reliance in Others)
Keeping to Yourself and Your Own Family	Giving of Your Time, Talents and Means to Family, Church or Community
Feeling You Have no Time to Share, no Talents to Share	Participating in Individual and Group Service Projects