

SELF RELIANCE TIP

Self-Reliance Tips for the Month

1. Spiritual Self-Reliance

- Set aside 5 minutes each day for personal scripture study, even if it's just one verse with thoughtful reflection.
- Write down one way you've seen the Lord's hand in your life this week—small or big.

2. Financial Self-Reliance

- Try a simple “no-spend” day each week—use what you already have for meals, entertainment, or projects.
- Review your budget with prayer. Ask, “Am I using my resources in a way that brings peace?”

3. Physical Self-Reliance

- Build a 3-day emergency meal plan using only pantry staples. This helps with preparedness and saves money.
- Add one healthy, home-cooked meal to your week to practice simple nutrition.

4. Emotional & Family Self-Reliance

- Write a gratitude note to a family member or friend to strengthen your support network.
- Take a short walk or do deep breathing to reset when you feel overwhelmed.

5. Skills & Growth

- Learn one new skill this month (bread baking, sewing on a button, budgeting app, gardening trick).
- Share your knowledge—teach your children or grandchildren a small skill you know well.