

EVERETT, WA STAKE

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS



SELF-RELIANCE KICK-OFF DEVOTIONAL

September 15th, 5 PM
Everett Stake Center
9509 19th Ave SE, Everett

Learn About the Self-Reliance Program and Find a Self-Reliance Group that Interests You

During the devotional, you will choose one of the five classes listed below that interest you. With your selected group, you will determine a time and place to meet and learn about your topic for 10-12 weeks.

EMOTIONAL RESILIENCE - FINDING STRENGTH IN THE LORD

Topics Covered Include:

- Healthy thinking patterns
- Managing stress and anxiety
- Understanding sadness and depression
- Recognize and express gratitude

*This course is for educational purposes only. It is not group therapy or professional treatment for mental health issues

PERSONAL FINANCES

Topics Covered Include:

- Debt elimination and building savings
- Protect from future financial hardship
- Create and live by a budget
- Learn to talk about finances with your spouse or partner
- How to bless others after caring for yourself

STARTING AND GROWING MY BUSINESS

Topics Covered Include:

- Increase understanding of business fundamentals: identifying customer needs, managing profitability, record keeping, marketing, and cash management
- How to involve the Lord in daily operations and decision-making in your business
- Improve and develop a plan to grow your current business

EDUCATION FOR BETTER WORK

Topics Covered Include:

- Furthering your educational pursuit
- Guiding your children in their educational pursuits
- Be an effective learner

FIND A BETTER JOB

Topics Covered Include:

- Improving interview skills
- Speak confidently about your skills and abilities
- Increase ability to network
- Improve and update resume

