

# Personal and Family Preparedness Standards

“All things unto me are spiritual, and not at any time have I given unto you a law which was temporal”  
D&C :34

“When we speak of [personal and] family preparedness, we should speak of foreseen, anticipated, almost expected needs which can be met through wise preparation. Even true emergencies can be modified by good planning” Bishop H. Burke Peterson, “The Family in Welfare Services,” Welfare Services Meeting, April 1975, P.4)

## Home Production and Storage

Standard: Each person or family produces as much as possible through gardening, sewing, and making household items. Each person and family learns techniques of home canning, freezing and drying foods, and, where legally permitted, stores a one-year supply of food, clothing, and, if possible, fuel. (See 1 Timothy 5:8, D&C 38:30)

## Literacy and Education

Standard: To the extent of his capacity, each person is able to read, write, and do basic mathematics. He regularly studies the scriptures and other good books. Parents teach these skills and habits to family members, and both parents and children take advantage of educational opportunities. (See D&C 88:77-80, 118, 90:15; 130:18-19)

## Physical Health:

Standard: Each person obeys the Word of Wisdom and practices sound principles of nutrition, physical fitness, accident prevention, weight control, immunization, sanitation, mother and child health, dental health, and medical care. Members live in a healthy and clean environment. In addition, each member acquires appropriate skills in first aid and safety, home nursing, and food selection and preparation. (See D&C 88:124; 89)

## Career Development

Standard: Each young person receives counsel to help select a career in which he can use his talents and skills in meaningful employment. Each person selects a suitable vocation and becomes proficient through appropriate training.

## Social-Emotional and Spiritual Strength

Standard: Each person builds spiritual strength to meet life's challenges with confidence and stability by learning to love God and communicate with him in personal prayer, to love and serve his neighbor, and to love and respect himself through righteous living and self-mastery. Social-emotional and spiritual strength is increased by living the principles of the gospel.

## Financial and Resource Management

Standard: Each person establishes financial goals, pays tithes and offerings, avoids debts, pays obligations, uses family resources wisely, and saves during times of plenty for times of need. (See D&C 42:54; 104:78-79; 119:5-6; Isaiah 58:6-8)

## **Personal and Family Preparedness Goals**

“All things unto me are spiritual, and not at any time have I given unto you a law which was temporal”  
D&C :34

“When we speak of [personal and] family preparedness, we should speak of foreseen, anticipated, almost expected needs which can be met through wise preparation. Even true emergencies can be modified by good planning” Bishop H. Burke Peterson, “The Family in Welfare Services,” Welfare Services Meeting, April 1975, P.4)

### **Suggested Goals:**

#### **1 - literacy and educations**

obtain a copy of the standard works for each family member

study the scriptures regularly - daily

read good books regularly

use the local public library and take advantage of special seminars, conferences and courses

take advantage of on-the-job training opportunities

#### **2 - career development**

improve your job skills

learn a trade or profession

outline and follow a plan to prepare for your career

plan to perform your job well

teach children useful skills and to enjoy work

#### **3 - financial and resource management**

pay a full tithing, a generous fast offering and other offerings

properly budget your money

live within your income

plan major purchases, avoiding credit purchases

work toward home ownership

get out of debt

have a savings plan

provide financial security for times of disability and advanced age

take better care of your possessions

#### **4 - home production and storage**

plant and care for a garden

learn techniques of home canning, drying and freezing foods

preserve home-grown products

where legally permitted, store a one-year supply of basic food, clothing, and where possible, fuel.

Store an emergency supply of water.

#### **5 - physical health**

observe the word of wisdom

maintain proper weight and endurance through regular exercise, adequate rest and a balanced diet

improve or maintain personal and home sanitation (water, waste disposal, food, etc.)

practice preventive measures to preserve good health

learn and practice home health skills (first aid, home nursing, mother and child care)

#### **6 - social-emotional and spiritual strength**

read the scriptures daily

have personal and family prayer morning and night

repent of wrongdoings

attend church meetings regularly and participate in church activities

hold family home evening weekly

perform frequent acts of service to family members and others