

EVALUATING MY EFFORTS

**INSTRUCTIONS:** Evaluate your efforts to keep the commitments you make each week. Share your evaluation with your action partner. Ponder ways you can continue to improve as you practice forming these important habits.

**KEY:** ● Minimal Effort  
● Moderate Effort  
● Significant Effort

Ⓐ Practice and Share the My Foundation Principle			Ⓑ Work on My Self-Reliance Plan			Ⓒ Strengthen Skills and Habits			Ⓓ Contact and Support My Action Partner			Action Partner's Initials
<b>Example</b>	Repent and be obedient	● ● ●	Update my self-reliance plan	● ● ●		Track expenses	● ● ●			● ● ●		SW
<b>Week 1</b>	Self-reliance is a principle of salvation	● ● ●	Begin my self-reliance plan	● ● ●		Track expenses	● ● ●			● ● ●		_____
<b>Week 2</b>	Manage money	● ● ●	Explore job options in my area	● ● ●		Track expenses	● ● ●			● ● ●		_____
<b>Week 3</b>	Exercise faith in Jesus Christ	● ● ●	Confirm my job choice	● ● ●		Track expenses	● ● ●			● ● ●		_____
<b>Week 4</b>	Seek learning: resolve where you are going and how to get there	● ● ●	Explore training options	● ● ●		Track expenses	● ● ●			● ● ●		_____
<b>Week 5</b>	Repent and be obedient	● ● ●	Confirm my education or training choice	● ● ●		Track expenses	● ● ●			● ● ●		_____
<b>Week 6</b>	Work: take responsibility and persevere	● ● ●	Create my finance plan for my education	● ● ●		Track expenses	● ● ●			● ● ●		_____
<b>Week 7</b>	Become one, serve together	● ● ●	Update my self-reliance plan	● ● ●		Share my self-reliance plan with family or friends	● ● ●			● ● ●		_____
<b>Week 8</b>	Use time wisely	● ● ●	Update my self-reliance plan	● ● ●		Choose one: prioritize, overcome procrastination, overcome distractions	● ● ●			● ● ●		_____
<b>Week 9</b>	Communicate: petition and listen	● ● ●	Update my self-reliance plan	● ● ●		Choose one: understand requirements, understand learning style, manage stress	● ● ●			● ● ●		_____
<b>Week 10</b>	Solve problems	● ● ●	Update my self-reliance plan	● ● ●		Choose one: study habits, complete assignments, prepare for tests	● ● ●			● ● ●		_____
<b>Week 11</b>	Show integrity	● ● ●	Update my self-reliance plan	● ● ●		Choose one: work with a mentor, learn from failure, keep commitments	● ● ●			● ● ●		_____
<b>Week 12</b>	Receive temple ordinances	● ● ●	Update my self-reliance plan	● ● ●		Practice a skill or habit	● ● ●			● ● ●		_____