



My Foundation: Principles, Skills, Habits

EMPOWERMENT +



RELIGIOUS FREEDOM &
BUSINESS FOUNDATION

The Hope and Promise of an Abundant Life

A wise teacher once said: “It matters little what we are engaged in, it is impossible to do right without the guidance of the Almighty.” In the words of the God of Abraham: “Man shall not live by bread alone but by every word that proceedeth forth from the mouth of God.” He then added: “I am come that [you] might have life, and that [you] might have it more abundantly.”

It is not the Lord’s will that His children suffer in poverty, fear, or oppression. His will is that each of us has an abundant life filled with peace and the good things of this earth. But to realize this we must look to His ways and not the ways of man.

Nobel Laureate Alexander Solzhenitsyn said: “The simple act of any ordinary courageous man is neither to take part in or support a lie.” This booklet, *My Foundation*, has been prepared to assist individuals to act with courage in their lives by helping them recognize and overcome the great lies and deceptions of this world and learn and put into practice principles of light and truth, of faith, education, hard work, and trust in God that will empower them to live an abundant life—a life of self-reliance where one is able to provide for him or herself and family the temporal and spiritual necessities of life.

We invite you to diligently study and apply the principles contained in *My Foundation* and to teach them to your family members. As you do so, your life will be blessed. The powers of heaven will be opened to you. You will learn how to act on a personal path toward greater self-reliance. You will be blessed with greater hope, peace, and progress.

Please be assured that you are a child of our Father in Heaven. He loves you and will never forsake you. He knows you and is ready to extend to you the spiritual and temporal blessings of self-reliance, and all other needful things.

MY FOUNDATION

Learn and live these principles, skills, and habits. They lead to spiritual and temporal empowerment and self-reliance.

1: The Lord Has All Power to Bless Your Life.....	2
2: Use Time Wisely	4
3: Be Obedient, Do Right	6
4: Manage Money.....	8
5: Work: Take Responsibility	10
6: Solve Problems	12
7: Become One, Serve, Work Together.....	14
8: Communicate: Petition and Listen	16
9: Persevere	18
10: Show Integrity	20
11: Seek Learning and Education	22
12: Stay on Task, Progress Spiritually, Become Self-Reliant...	24

1 THE LORD HAS ALL POWER TO BLESS YOUR LIFE

Read: The story is told that on the hottest day of the year our great father Abraham left his tent and went into the desert to search for anyone who may have lost his or her way. He was old and ailing but worried that others may be in danger of losing their life in the heat. He found no one and returned to his tent exhausted. At the door of his tent waiting for him was the Lord. Abraham threw himself down on his face. The Lord then blessed Abraham with the impossible. As a reward for his devotion Abraham was promised a son even though he and his wife were too old to bear children.

Ponder: Why did the Lord bless Abraham? Ask yourself: "Can the Lord bless my life with what may appear impossible, if I love and serve others and seek to do and keep His will?"

Discuss: Self-reliance is the ability, commitment and effort to provide the necessities of life for self and family. With the help of Heaven any one of us may become self-reliant. Read the scriptures below and discuss: "How can God help bless my life temporally and spiritually with peace, a job or other real needs?"

[And Allah, the Lord can] give you increase in wealth and children and provide you gardens and provide for you rivers.

QURAN 52:22

"And it is [the Lord's] purpose to provide for [His] saints."

DOCTRINE AND COVENANTS 104:15

EXERCISE FAITH IN THE LORD

Watch: "Exercise Faith in the Lord" (Available at www.religiousfreedomandbusiness.org. If you do not have access to the video, read the script on the next page.)

Discuss: What can you do to exercise faith in the Lord that would help you be more empowered and self-reliant?

Read: Read the scriptures and quotations in the margins. Ask yourself: "What does the Lord promise to do if I act in faith?"

Practice: Choose one statement from the table on page 3 and read it to yourself. Think about how the scripture applies to you as you seek empowerment and self-reliance. Share your thoughts with the group.

"Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?"

NEW TESTAMENT
MATTHEW 6:30

"... Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea I will help thee; yea, I will help uphold thee with the right hand of my righteousness."

TANAKH
ISAIAH 41:10

"Moses said, "No! Indeed, with me is my Lord; He will guide me." Then We inspired to Moses, "Strike with your staff the sea," and it parted, and each portion was like a great towering mountain."

QURAN
SURAH 26:62-63

SCRIPTURES AND STATEMENTS ABOUT FAITH IN ACTION

“And he [for 40 years] ... fed thee with manna... that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the Lord.”

Tanakh Deuteronomy 8:3

“How is it possible that ye can lay hold of every good thing?... by faith [our fathers] did lay hold of every good thing; and thus it was...Moses by his word according to the power of God which was in him, smote the rock, and there came forth water, that the children of Israel might quench their thirst.” **Book of Mormon** Moroni 7:20,25; 1 Nephi 17:29

“God is He Who gives all Sustenance– Lord of Power– Steadfast forever.”

Quran The Winds that Scatter 51:58

“Strength does not come from physical capacity but from an indomitable will.”

Mahatma Ghandi

“I want to compare faith to running in a race. It’s hard. It requires concentration of will, energy of soul. ... And where does the power come from, to see the race to its end? From within. Jesus said, “Behold, the Kingdom of God is within you... If you commit yourself to the love of Christ, then that is how you run a straight race.” **Eric Liddell**, Olympic Champion

Practice: Write two specific ways you can exercise faith in the Lord:

Commit: During the week, ponder the rest of the statements and scriptures in this chapter and commit to doing the following actions. Check the boxes when you complete each task:

- Practice exercising faith in the Lord every day.
- Teach this principle to your family.

EXERCISE FAITH IN THE LORD

If you are unable to watch the video, read this script instead.



The story of the parting of the Red Sea is cherished by hundreds of millions as an example of faith-based action. It is described in the Jewish Torah, the Christian Old Testament, and the Islamic Holy Qur’an.

“Taking action is the exercise of faith. The children of Israel are carrying the ark of the covenant. They come to the River Jordan. The promise is they will cross over on dry land. When does the water part? When their feet are wet. They walk into the river – act. Power follows – the water parts.

We oftentimes believe, “Okay, I’m going to have this perfect understanding, and then I’m going to transform that into what I do.” I would suggest that we have enough to get started. We have a sense of the right direction. Faith is a principle—the principle—of action and of power. True faith is based in and on the Lord and always leads to action.” -David A. Bednar

“Silent faith is dormant. It cannot impact the physical world unless it is physically expressed. This is why the waters waited. They waited for our ancestors to give physical expression to their faith.”

RABBI LAZER GERKOW

“Dedicate your being to God. He is the one to be ultimately relied upon. Those who know his support are forever free from fear, worry and sorrow.”

BHAGAVAD GITA

“I am fundamentally an optimist. Part of being optimistic is keeping one’s head pointed toward the sun, one’s feet moving forward. There were many dark moments when my faith was sorely tested, but I would not and could not give myself up to despair. That way lays defeat and death.”

NELSON MANDELA

2 USE TIME WISELY

USE TIME WISELY

Ponder: Why is time one of the Lord’s greatest gifts?

Watch: “The Gift of Time” (No video? Read the next page.)

Discuss: What did you learn from Sister Benkosi?

Read: Read the scriptures and quotations in the margins.

Practice: Here are five steps you can take each day to use your time well. Read each one. Did Sister Benkosi do these things?

“So teach us to number our days, so that we may develop hearts of wisdom.”

TANAKH
PSALM 90:12

1

List Tasks

Each morning, make a list of tasks to do. Add names of people to serve.

2

Meditate and Pray

Meditate and pray for guidance. Listen. Commit to do your best.

3

Set Priorities

Number your top priorities. Put a “1” by the most important task, put a “2” by the next one, and so on.

4

Set Goals, Act

Listen to the Lord’s Spirit. Set goals. Work hard. Start with the most important task and work down the list.

5

Report

Each night, report to the Lord in prayer. Ask questions. Listen. Feel His love. Repent.

Get started now. Write in this workbook or on a separate piece of paper. Do step 1: List your tasks for tomorrow. These should be important tasks for your work, studies, faith community, neighborhood, or family service—not just daily chores.

Do steps 2 and 3.

Tomorrow, do steps 4 and 5.

Commit: Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice these steps every day to use your time more wisely.
- Teach this principle to your family.
- Continue to practice the previous foundation principle.

“Forget your life. God is great. Get up. You think you know what time is. It’s time to pray.”

RUMI

“For behold, this life is the time for men to prepare to meet God; yea, behold the day of this life is the day for men to perform their labors.”

BOOK OF MORMON
ALMA 34:32

“Time is what we want most, but what we use worst.”

WILLIAM PENN

THE GIFT OF TIME

If you are unable to watch the video, choose roles and read this script.

KOFI: Hello, Sister Benkosi. How are you?

SISTER BENKOSI: Are you okay, Kofi?

KOFI: Oh, Sister Benkosi. I'm so busy. I have to work and serve and help my family ... and then my football, too. I have no time!

SISTER B.: Kofi, you have all the time there is.

KOFI: What?

SISTER B.: My boy, God has given us a great gift—our time. We must do with it what matters most.

KOFI: But how, Sister Benkosi? You have always done so much. You have succeeded with your family, with your business. You have served and blessed many, like me. I don't know how you do it.

SISTER B.: Do you really want to know? If you will sit still and listen, I will tell you my secret.

Every morning I rise before the sun. I dress and wash my face and hands.

I read the words of the Lord. Then I make a list of what I should do that day.

I think of who I might serve. I pray to know the Lord's will. And I listen.

Sometimes the names or faces of people come to mind. I add them to my list.

KOFI: Is that how you always know just who needs your service?

SISTER B.: Yes, Kofi. And I pray for strength and wisdom. I pray that the Lord will consecrate my performance.

I thank Him. I promise to do my best. I ask that He will do what I cannot.

Then I look at my list. I put a "1" by the most important thing, then a "2."

KOFI: How do you know the priorities?

SISTER B.: I listen when I pray! Then I go to work. I look at number 1 and try to do it first, then number 2.

Sometimes things change. The Spirit tells me to do something else. That is good.

I work very hard, but I have peace. I know the Lord will help me.

So, with my list and the Spirit, I do what matters, Kofi.

KOFI: That sounds simple and hard at the same time.

SISTER B.: You are right! When I finally prepare for bed, I pray. I report to the Lord. I tell Him how the day went. I ask questions. I ask what I can do better. I listen. I often feel His love. I know He magnifies what I try to do. Then I have peace, Kofi, and I sleep.

KOFI: That is good, Mamma Benkosi. I want this peace. I want to use my time. I want to work and serve better.

SISTER B.: You will give up things that do not matter, Kofi. You will use your time to do what does matter. And the Lord will be with you if your heart is right.

KOFI: Thank you.

SISTER B.: Now go, dear boy. You have much to do!

"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."

MOTHER TERESA

"The future is something which everyone reaches at the rate of sixty minutes an hour, whatever he does, whoever he is."

C.S. LEWIS

"To every thing there is a season, and a time to every purpose under heaven: a time to plant, and a time to pluck up that which is planted; a time to gather stones... a time to sew... and a time to speak... and I said in mine heart... there is a time for every purpose and for every work."

TANAKH

ECCLESIASTES 3:1-17

"As if you could kill time without injuring eternity."

HENRY DAVID THOREAU

"Time is a created thing. To say 'I don't have time,' is like saying, 'I don't want to.'"

LAO TZU

"God does not begin by asking us about our ability, but only about our availability, and if we then prove our dependability, He will increase our capability."

— NEAL A. MAXWELL

3 BE OBEDIENT, DO RIGHT

BE OBEDIENT

Ponder: What am I doing in my life that I need change to have a more abundant life? What laws and habits must I begin to live to become self-reliant?

Read: Obedience Brings Blessings: Scriptures and quotations (on the next page)

Discuss: Obedience to the Lord’s laws and principles leads to spiritual and temporal blessings. What experiences have you had to prove this?

Read: The scriptures and quotation on the right.

Practice: Look at the table below. Notice how obedience to specific laws and principles leads to specific blessings. Some examples are provided. Now, take a few minutes to:

1. Write down specific blessings you desire in your job search, self-employment, or education. Use the right column.
2. Use the left column to list the laws and principles you can obey to receive those blessings.

OBEY	TO RECEIVE
Laws or principles	Blessings
Tithes and offerings (Malachi 3:10-12) The Zakat (the third pillar of Islam)	Temporal and spiritual blessings, success in our work, protection, self-purification
Go to work every day on time	Continued employment and ability to create savings
Eat healthily and exercise regularly	You miss fewer work days due to illness, you have more energy

Practice: Write two or three specific ways you can increase your obedience to the laws and principles you chose:

Commit: Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice being obedient every day.
- Teach this principle to your family.
- Continue to practice the previous foundation principles.

“Hath the Lord as great delight in burnt offerings and sacrifices, as in obeying the voice of the Lord? Behold, to obey is better than sacrifice.”

TANAKH
1 SAMUEL 15:22

“To put the world right... we must first cultivate our personal life, we must first set our heart right.”

CONFUCIUS

“There is a law ... upon which all blessings are predicated—And when we obtain any blessing from God, it is by obedience to that law upon which it is predicated.”

DOCTRINE AND COVENANTS, 130:20–21

OBEDIENCE BRINGS BLESSINGS

“Cowardice asks the question, ‘Is it safe?’ Expediency asks the question, ‘Is it polite?’ Vanity asks the question, ‘Is it popular?’ But conscience asks the question, ‘Is it right?’ And there comes a point when one must take a position that is neither safe, nor polite, nor popular, but he must take it because his conscience tells him that it is right.”

—Martin Luther King, jr.

“He that keepeth God’s commandments receiveth truth and light, until he is glorified in truth and knoweth all things.”

—Doctrine and Covenants
93:28

“**THE FULLEST LIFE** is impossible without an immovable belief in a Living Law, in obedience to which the whole universe moves.”

—Mahatma Gandhi

The wind cannot overturn a mountain. Temptation cannot touch the man who is awake, strong and humble, who masters himself and minds the law.

—The Buddha

“And it shall come to pass, if ye shall hearken diligently unto my commandments... to love the Lord your God and to serve him with all your heart and with all your soul...I will give you rain...I will send grass in thy fields for thy cattle... there shall be no man able to stand before you.”

—Deuteronomy 11:13

“The question is not what we intended ourselves to be, but what God intended us to be when He made us. We may be content to remain what we call ordinary people, but He is determined to make us in His image. To shrink from that plan is not humility, it is laziness and cowardice. To submit is not conceit, it is obedience.”

—C.S. Lewis

“[Jesus Christ] exemplified the obedient Son by saying, ‘Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.’ As the Savior instructed His early Apostles, so He instructs you and me, ‘Follow thou me.’ Are we willing to obey?”

—Thomas S. Monson

“What are you to do when you are placed in the world? Give up everything to the Lord, resign yourself to Him and there will be no trouble for you. Then you will know everything is done by His will.”

— Rama Krishna

“The person I can be is very, very different from the person I am, and becoming that person is worth any sacrifice. There is all the difference in the world between a change in behavior and a change of heart. A change of heart is the only change that counts. No change will make a fundamental difference until the self-justifying story is abandoned.”

—C.Terry Warner

4 MANAGE MONEY

MANAGE MONEY

Ponder: Why is managing money so hard—and so important?

Watch: “First Things First!” (No video? Read the next page.)

Discuss: What did you learn from these children? Why should we keep track of our money? Why should we save money?

Read: The quotations and scriptures in the margins.

Practice: Here are four steps you can take to manage your money so you can better serve others. Read these steps. As a group, talk about how you can make this a habit.

“Pay the debt thou hast contracted... release thyself from bondage.”

DOCTRINE AND COVENANTS 40:35

“A penny saved is a penny earned.”

BENJAMIN FRANKLIN

1

Work Hard and Smart

Prove to your employer that you work hard each day. Prove that you are valuable. Be honest.

2

Pay Tithing or Charitable Offerings

When you earn personal money, pay tithing and/or charitable offerings first. Then the Lord can bless you.

3

Spend Less Than You Earn

Establish a budget. Record what you earn and spend. Avoid debt. Earn more. Spend less than you earn.

4

Build Savings Daily

Save money every day for more peace and freedom.

Commit: Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice managing your money every day.
- Teach this principle to your family.
- Continue to practice the previous foundation principles.

“Every time you borrow money, you’re robbing your future self.”

NATHAN W. MORRIS

“O ye who believe! Do not squander one another’s wealth in vanities, but let there be amongst you traffic and trade by mutual good will.”

QURAN

SURAT L-NISAA 4:29

FIRST THINGS FIRST!

If you are unable to watch the video, choose roles and read this script.



SETTING: Young boy and girl, dressed in adult clothes, acting like their parents.

BOY: I'm home, dear.

GIRL: Welcome home. Oh my, you look tired.

BOY: You do too. You work very hard, don't you?

GIRL: Well, we're supposed to work, aren't we?

BOY: I earned 10 today.

GIRL: Oh, what a blessing. So, first things first. Let's pay our tithing or charitable offerings first, shall we?

BOY: But what if we don't have enough?

GIRL: That's where faith comes in!

BOY: Okay. So what's next?

GIRL: Well, we'll need to buy food and bus fare, and pay rent. And then, it would be nice to buy a chair....

BOY: But we can't. See? We don't have enough money.

GIRL: Could we borrow some?

BOY: They say debt is dangerous. We don't want to get in trouble.

GIRL: Okay. You're right. So what do we do with this?

BOY: Let's save it! You never know what will happen.

GIRL: That feels right. But there's nothing left for fun.

BOY: We have each other! And I'll try to earn more.

GIRL: I'll try to spend less!

BOY: That way we can be happy—and self-reliant!

GIRL: Right! That wasn't so difficult. Why do grown-ups make it so hard?

BOY: Oh, you know. That's just how grown-ups are!

"Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it."

TANAKH
MALACHI 3:10

"And he used to enjoin on his people prayer and zakat (voluntary alms-giving and religious tax in Islam) and was to his Lord pleasing."

QURAN
SURAH 19:55

"You must gain control over your money or the lack of it will forever control you."

DAVE RAMSEY

5 WORK: TAKE RESPONSIBILITY

WORK: TAKE RESPONSIBILITY

Ponder: Why do you feel the Lord wants us to take personal responsibility for our lives?"

Watch: "Sedrick's Journey" (No video? Read the next page.)

Discuss: How does Sedrick use his agency and take responsibility for his future? What would happen to Sedrick if he blamed someone else for his challenges?

Read: The quotations and scriptures in the margins.

Practice: Turn to a group member close to you. Together, read the story about Thomas Edison below, one of most influential inventors that ever lived. Discuss these questions:

- What was his situation as he grew up?
- What do you learn about empowerment and self-reliance from Edison's story?
- How did being willing to fail and try again allow him to succeed?

Thomas Edison was told he was "too stupid to learn anything." He only had three years of formal education. Work was no better, as he was fired from his first two jobs for not being productive enough. He then started his own business designing a successful communication tool for business. At age sixty his laboratory burned down destroying everything. With no money, he started over. His greatest inventions came, including the light bulb, after that fire. Edison made 1,000 unsuccessful attempts at inventing the light bulb before he found the design that worked. About his life's work, he once remarked: "There is no substitute for hard work... Genius is one percent inspiration and ninety-nine percent perspiration."

Practice: Think about how to take more personal responsibility for your self-reliance. Write two or three changes you want to make in your actions or attitudes.

Commit: Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice taking responsibility every day.
- Teach this principle to your family.
- Continue to practice the previous foundation principles.

"In the sweat of thy face thou shalt eat bread... And it came to pass that after, I the Lord God, had driven them out [of Eden], that Adam began to till the earth... And Eve, also, his wife did labor with him."

THE HOLY BIBLE
GENESIS 3:19

"Wherefore, the Lord God gave unto man that he should act for himself... [and men and women are free] to act for themselves and not to be acted upon."

THE BOOK OF MORMON
2 NEPHI 2:16, 26

"Thou shalt not be idle; for he that is idle shall not eat the bread nor wear the garments of the laborer."

DOCTRINE AND COVENANTS 42:42

SEDRICK'S JOURNEY

If you are unable to watch the video, read this script.



SEDRICK: My name is Sedrick Kambesabwe. I live in the Democratic Republic of the Congo.

My family comes from the village of Kipusanga. I have a great desire to serve people, especially those in other lands. In order to do this, I need a passport, which now costs 250 US dollars.

To earn money, my father and I buy bananas. Some villages produce a lot of bananas: Tishabobo, Lusuku, and Kamanda.

Tishabobo is about 9 miles from here. Lusuku is 18 miles. Kamanda is 18 as well. We go there and buy bananas, and we bring them back here to sell.

To go to the villages we use a bicycle. We can take four or six bunches of bananas.

When I go by bike, it can take an hour and a half each way, if the bike is working and I have the strength. When it is midday and the heat is oppressive, I move slowly because of the heat and the sun.

I can do two trips per day if I wake up very early in the morning. It is a good way to save money for my passport.

Now I'm earning money, little by little, so I'm saving for both school expenses and my foreign service. And now, after four years of work, I have enough money for my passport, plus 70 dollars saved.

"I attribute my success to this: I never gave or took any excuse."

FLORENCE NIGHTINGALE

"I believe that opportunity looks a lot like work. I never had a job in my life that I was better than. I was always just lucky to have a job. And every job I had was a stepping stone to my next job, and I never quit my job until I had my next job. And so opportunities look a lot like work."

ASHTON KUCHER

"God has designed this mortal existence to require nearly constant exertion. . . . By work we sustain and enrich life. . . . Work builds and refines character, creates beauty, and is the instrument of our service to one another and to God. A consecrated life is filled with work, sometimes repetitive. . . sometimes unappreciated but always work that improves, . . . lifts, [and] aspires."

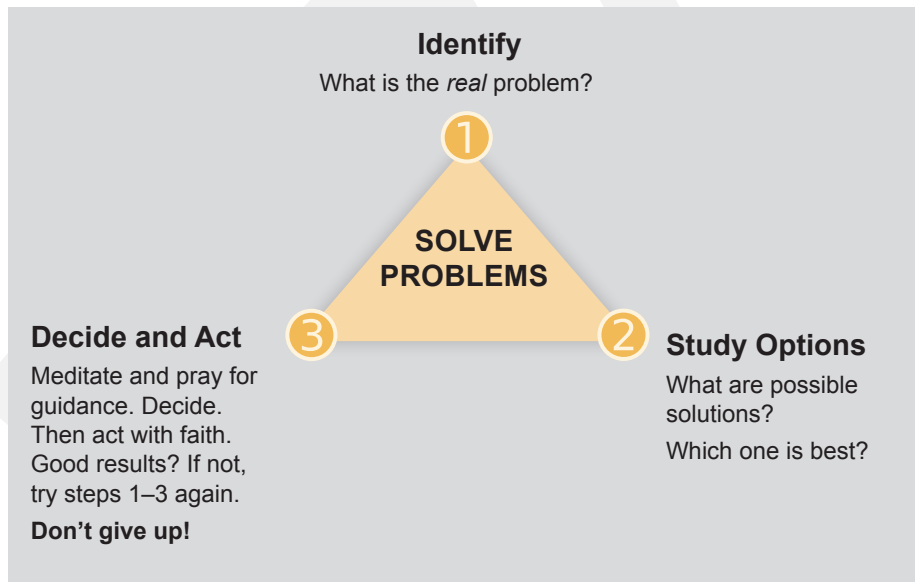
D. TODD CHRISTOFFERSON

6 SOLVE PROBLEMS

SOLVE PROBLEMS

- Report:** Briefly share an experience you had last week accomplishing something difficult or teaching the principle of work to others.
- Ponder:** Why does the Lord allow us to face problems and challenges?
- Watch:** “A Bigger Truck” (No video available? Read page 19.)
- Discuss:** What is the real problem in this story? What are some options for the two men?
- Read:** The quotations and scriptures in the margins.
- Practice:** Pick a problem you or your family are facing and write it here:
-

Below are three steps you can take to solve problems of all kinds with meditation, prayer, faith, and obedience. Read and discuss them with a group member. Each of you should identify a specific problem you face and go through the steps.



“But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.”

BIBLE: NEW TESTAMENT
JOHN 14:26

“When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps.”

CONFUCIUS

“The journey of a thousand miles begins with one step.”

LAO TZU

“Start by doing what is necessary, then do what is possible and then suddenly you are doing the impossible.”

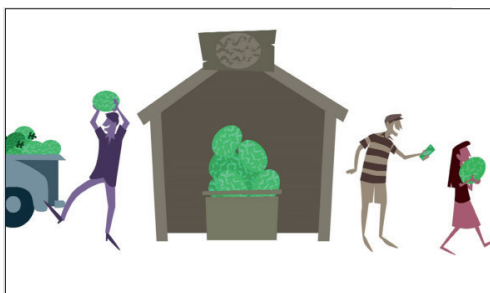
SAINT FRANCIS OF ASSISI

Commit: Commit to do the following actions during the week. Check the box when you complete each action.

- During the week, use the three problem solving steps to find a solution for the problem you wrote before. Remember, don't give up. It takes time to solve problems and make changes.
- Share with your family or a friend what you've learned today about solving problems.

A BIGGER TRUCK?

If you are unable to watch the video, choose roles and read this script.



Two men formed a partnership. They built a small shed beside a busy road. They obtained a truck and drove it to a farmer's field, where they purchased a truckload of melons for a dollar a melon.

They drove the loaded truck to their shed by the road, where they sold their melons for a dollar a melon. They drove back to the farmer's field and bought another truckload of melons for a dollar a melon. Transporting them to the roadside, they again sold them for a dollar a melon. As they drove back toward the farmer's field to get another load, one partner said to the other, "We're not making much money on this business, are we?" "No, we're not," his partner replied. "Do you think we need a bigger truck?"

-Dallin H. Oaks

"We have general guidelines and principles, but the Lord expects us to help solve our own problems. . . . We are thinking, reasoning human beings. We have the ability to identify our needs, to plan, to set goals, and to solve our problems. . . . Too often people hold on to ideas, inventions, and approaches to life that will not work. The creative approach is a disciplined approach to meet life's needs."

ROBERT D. HALES

"And you will see the mountains and think them solid, but they shall pass away as the passing away of the clouds."

QURAN
SURAH NAML 88

"Action springs not from thought but from a readiness for responsibility."

DIETRICH BONHOEFFER

"God will never give you any problems that He thinks you can't solve."

OG MANDINO

7 BECOME ONE, SERVE, WORK TOGETHER

BECOME ONE, WORK TOGETHER

Ponder: What does it mean to “be one?” What does this have to do with becoming empowered and self-reliant?

Watch: “In the Lord’s Way” (No video? Read the next page.)

Discuss: What does this message teach about serving and helping each other?

Read: The scriptures in the margins.

Practice: Do the following activity:

1. On your own, quietly think about talents, contacts, or other resources you have. How can your gifts help other group members become more empowered and self-reliant? Write your ideas:

2. As a group, share with each other the talents, contacts, and other resources you listed. Write contacts or resources others have that could help you.

3. Now list below the resources available in your area (including community employment centers, NGOs, faith community resources, mentors, computers, and so on.) Why do you need them?

4. What resources do you have that can help you and the others become empowered and self-reliant?

5. How will you help others on their path to empowerment and self-reliance?

6. How can you use help from others on your path?

“Is not this the kind of fasting I have chosen... to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I.”

TANAKH

ISAIAH 58:6-11

“I say unto you, be one; and if ye are not one ye are not mine.”

DOCTRINE AND COVENANTS 38:27

“We have no right to judge the rich. For our part, what we desire is not a class struggle, but a class encounter, in which the rich save the poor, and the poor save the rich... We will be judged by ‘I was hungry, and you gave me something to eat, I was naked and you clothed me. I was homeless, and you took me in’.”

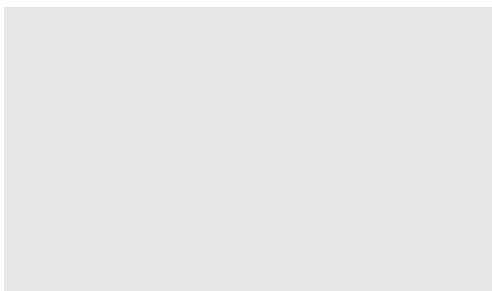
MOTHER TERESA

- Read:** To practice becoming one, you can do the following:
- Help your family increase in unity and work together.
 - Talk to members of your community who are empowered and self-reliant. Ask what people or resources helped them. Ask if they will mentor you.
 - Go to three places in your community that have resources to help you become more empowered and self-reliant. Write down the services they can provide. Start to use them!

- Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:
- Practice working with others (work with your family, community, and local resources as listed above).
 - Teach this principle to your family.
 - Continue to practice the previous foundation principles.

IN THE LORD'S WAY VIDEO SCRIPT

If you are unable to watch the video, read this script.



"A house divided against itself cannot stand."

ABRAHAM LINCOLN

"When ye are in the service of your fellow beings ye are only in the service of your God."

THE BOOK OF MORMON
MOSIAH 2:17

"None of you truly believes until he wishes for his brother what he wishes for himself."

THE PROPHET MUHAMMAD
HADITH 13

"For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it."

NEW TESTAMENT
MATTHEW 16:25

"Ye call me Master and Lord: and ye say well; for so I am. If I then, your Lord and Master have washed your feet; ye also ought to wash one another's feet. For I have given you an example, that ye should do as I have done unto you."

NEW TESTAMENT
JOHN 13:13-15

8 COMMUNICATE: PETITION AND LISTEN

COMMUNICATE: PETITION AND LISTEN

Ponder: Ponder: Have you had an experience when the Lord has answered your prayers about a job, your business, or your education?

Watch: “Creating Lift” (No video? Read the next page.)

Discuss: How does Elder Dieter F. Uchtdorf suggest we can elevate ourselves from worldly cares? Are there times when we do not recognize answers to our prayers? Is listening an essential part of prayer?

Read: The quotations and scriptures in the margins.

Discuss: As a group, discuss these questions: Why is listening an essential skill? How can careful listening help us in our work?

Practice: Do this activity to learn to improve your listening skills:

- As a group, read the steps below and briefly discuss them.
- Ask one or two members of the group to tell the others about a challenge or question they have. Everyone else should try to listen, following these steps.
- Ask the group members who spoke how they felt when the group really tried to listen.

1 Concentrate

- Focus on the speaker’s words and body language.
- Don’t interrupt.

2 Appreciate

- Look at the speaker.
- Use small words like “yes” or “okay.”
- Thank the speaker.

3 Review

- Say: “So, you are saying . . .”
- Then repeat what you heard.

4 Ask

- Ask: “Did I understand?”
- Wait for an answer and listen.

“If any of you lack wisdom let him ask of God, that giveth to all men liberally . . . and it shall be given him.”

NEW TESTAMENT
JAMES 1:5

“Your soul will be blessed as you learn to listen, then listen to learn from children, parents, partners, neighbors, and church leaders, all of which will heighten capacity to hear counsel from on high.”

RUSSELL M. NELSON

“Most people do not listen with the intent to understand; they listen with the intent to reply.”

STEPHEN R. COVEY

Commit: Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice with your family the steps to better listening:
 - Ask a family member to share a challenge or question he or she faces.
 - Practice the listening steps as you listen to this challenge.
- Teach this principle to your family.
- Continue to practice the previous foundation principles.

CREATING LIFT

If you are unable to watch the video, read this script.



In order to get an airplane off the ground, you must create lift. In aerodynamics, lift happens when air passes over the wings of an airplane in such a way that the pressure underneath the wing is greater than the pressure above the wing. When the upward lift exceeds the downward pull of gravity, the plane rises from the ground and achieves flight.

In a similar way, we can create lift in our spiritual life. When the force that is pushing us heavenward is greater than the temptations

and distress that drag us downward, we can ascend and soar into the realm of the Spirit.

Though there are many gospel principles that help us to achieve lift, I would like to focus on one in particular.

[Prayer!]

Prayer is one of the principles... that provides lift. Prayer has the power to elevate us from our [worldly cares. Prayer can] lift us up through clouds of despair [or] darkness into a bright and clear horizon.

One of the greatest blessings and privileges and opportunities we have as children of [the Lord] is that we can communicate with Him [through prayer]. We can speak to Him of our life experiences, trials, and blessings. We can listen for and receive celestial guidance from the Holy Spirit [at any time and at any place].

-Dieter F. Uchtdorf

"I will tell you in your mind and in your heart, by the Holy Ghost, which shall come upon you and which shall dwell in your heart."

DOCTRINE AND COVENANTS 8:2

"Is prayer your steering wheel or your spare tire?...Any concern too small to be turned into a prayer is too small to be made into a burden."

CORRIE TEN BOOM

"Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass."

BIBLE: NEW TESTAMENT LUKE 21:36

"The inner voice is something which cannot be described in words. But sometimes we have a positive feeling that something in us prompts us to do a certain thing. The time when I learnt to recognize this voice was, I may say, the time when I started praying regularly. "

MAHATMA GANDHI

9 PERSEVERE

PERSEVERE

Ponder: How do we learn to continue working on a task until it is done?

Watch: “Video TBD” (No video? Read the next page.)

Discuss: How do we learn to keep going even when it is difficult? How does trust in the Lord affect our ability to persevere?

Read: The quotations and scriptures in the margins.

Practice: Work together to learn this pattern to persevere and overcome challenges:

- As a group, read each step in the pattern below.
- Turn to someone in the group. Ask each other if there is some duty or task facing them that is very hard.
- Help each other go through the four steps below, talking about the difficult duty or task.
- Commit to each other that you will persevere—that you will keep going until the duty or task is well done.

“Let us run with patience the race that is set before us.”

NEW TESTAMENT
HEBREWS 12:1

“Be patient (in adversity); for, verily, God will not let the reward of the righteous be wasted.”

QURAN
SURAH HUD 11:115

“The really unhappy person is the one who leaves undone what they can do.”

J.W. GOETHE

1 KEEP A POSITIVE ATTITUDE	2 REMEMBER TO WORK TOGETHER	3 REPLACE FEAR WITH FAITH	4 MOVE FORWARD WITH PATIENCE AND COURAGE
List your blessings.	Ask friends, peers, group members, and others for help.	Avoid doubt. Remember the Lord has all power. Call upon Him and accept His will.	Never, never, never give up; endure with faith.
“A man is as happy as he makes up his mind to be.” Abraham Lincoln	“One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served.” Gordon B. Hinckley	“Life shrinks or expands in proportion to one’s courage.” Anais Nin	“And where does the power come from to see the race to its end? From within.” Eric Liddell

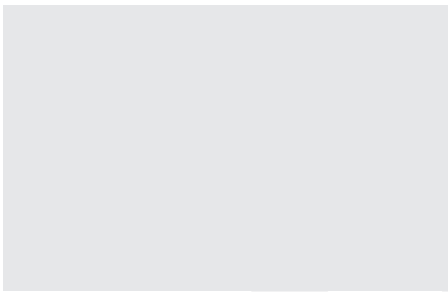
Practice: Pick a challenge your family is facing. Use the pattern above and identify two or three ways you can move forward in faith, trusting that God will provide:

Commit: Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice persevering in the ways you identified above.
- Teach this principle to your family.
- Continue to practice the previous foundation principles.

TBD VIDEO SCRIPT

If you are unable to watch the video, read this script.



“Consult not your fears, but your hopes and dreams. Think not about your frustrations, but your wonderful potential. Concern yourself not with what you tried and failed, but with what is still possible for you to do.”

-POPE PAUL XXIII

“No commandment was ever given to us but that God has given us the power to keep that commandment. If we fail, we, and we alone, are responsible for the failure... I know of no easy formula to success. Persist, persist, PERSIST; work, work, WORK—is what counts in the battle of life... That which we persist in doing becomes easier. Not that the nature of the task has changed, but our ability to perform it increases.”

HEBER J. GRANT

“And see that all things are done in wisdom and order; for it is not requisite that a man should run faster than he has strength. And it is expedient that he should be diligent, that thereby he might win the prize; all things must be done in order.”

BOOK OF MORMON
MOSIAH 4:27

“I am not bound to win, but I am bound to be true, I am not bound to succeed but I am bound to live by the light I have... My great concern is not whether you have failed but whether you are content with failure.”

ABRAHAM LINCOLN

10 SHOW INTEGRITY

SHOW INTEGRITY

Ponder: Why do you feel the Lord places so much value on the integrity of our hearts?"

Watch: "What Shall a Man Give in Exchange for His Soul?" (No video? Read the next page.)

Discuss: What does it mean to have integrity? What are some small ways people give away their souls to get things in this life?

Read: The scriptures and quotations in the margins.

Practice: On your own, rate yourself in the following areas.

Put a number in front of each item to show how often you act this way.

1 = never, 2 = sometimes, 3 = often, 4 = almost always, 5 = always

- ___ 1. I keep all of my promises and commitments.
- ___ 2. I am completely truthful in things I say and in the records I keep.
- ___ 3. I do not exaggerate to make things appear better than they are.
- ___ 4. I return everything I borrow and do not take things that do not belong to me.
- ___ 5. I am completely faithful to my spouse in my words and actions.
- ___ 6. I never cheat, even when I know I won't be caught.
- ___ 7. When I find something that isn't mine, I return it to the owner.
- ___ 8. I always pay back money I borrow.

Commit: Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice showing integrity every day.
- Teach this principle to your family.
- Continue to practice the previous foundation principles.

"Till I die I will not remove mine integrity from me."

TANAKH
JOB 27:5

"And I would that ye should remember, that whosoever among you borroweth of his neighbor should return the thing that he borroweth, according as he doth agree, or else thou shalt commit sin; and perhaps thou shalt cause thy neighbor to commit sin also."

THE BOOK OF MORMON
MOSIAH 4:28

"When something weighs on your conscience, give it up."

THE PROPHET MUHAMMAD
HADITH 8

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

NEW TESTAMENT
PHILIPPIANS 4:8

WHAT SHALL A MAN GIVE IN EXCHANGE FOR HIS SOUL?

If you are unable to watch the video, read this script.



Jesus once asked His disciples the following question: “What shall a man give in exchange for his soul?”

This is a question that my father taught me to carefully consider years ago. As I was growing up, my parents assigned me chores around the house and paid me an allowance for that work. I often used that money, a little over 50 cents a week, to go to the movies. Back then a movie ticket cost 25 cents for an 11-year-old. This left me with 25 cents to spend on candy bars, which cost 5 cents

apiece. A movie with five candy bars! It couldn’t get much better than that.

All was well until I turned 12. Standing in line one afternoon, I realized that the ticket price for a 12-year-old was 35 cents, and that meant two less candy bars. Not quite prepared to make that sacrifice, I reasoned to myself, “You look the same as you did a week ago.” I then stepped up and asked for the 25-cent ticket. The cashier did not blink, and I bought my regular five candy bars instead of three.

Elated by my accomplishment, I later rushed home to tell my dad about my big coup. As I poured out the details, he said nothing. When I finished, he simply looked at me and said, “Son, would you sell your soul for a nickel?” His words pierced my 12-year-old heart. It is a lesson I have never forgotten.

-Robert C. Gay

“Integrity means always doing what is right and good, regardless of the immediate consequences. It means being righteous from the very depth of our soul, not only in our actions but, more importantly, in our thoughts and in our hearts. . . . A little lying, a little cheating, or taking a little unfair advantage are not acceptable to the Lord. . . . The consummate reward of integrity is the constant companionship of [the Lord], . . . [who will] guide us in all we do.”

JOSEPH B. WIRTHLIN

“Integrity is doing the right thing even when no one is watching.”

C.S. LEWIS

“This above all: To thine own self be true. And it must follow, as the night the day, thou canst be false to any man.”

WILLIAM SHAKESPEARE

“Whoever is careless with the truth in small matters cannot be trusted with important matters.”

ALBERT EINSTEIN

11 SEEK LEARNING AND EDUCATION

SEEK LEARNING AND EDUCATION

Ponder: Prophets, teachers and wise men and women have always taught that education is the key to opportunity. What evidence have you seen that this is true?"

Watch: "The Glory of God Is Intelligence" (No video? Read the next page.)

Discuss: Why does Alexander believe lifelong learning is important? What does Emelda feel about education and studying hard?

Read: The quote and scriptures in the margins.

Practice: We can continue learning throughout our lives. In the box below, write down something you learned recently from each of these sources of learning.

"...seek ye out of the best books words of wisdom; seek learning, even by study and also by faith."

DOCTRINE AND COVENANTS 88:118

"Ignorance is the great obstruction. Get over ignorance and all will be well."

RAMANA MAHARISHI

SOURCES OF LEARNING	SOMETHING I LEARNED RECENTLY FROM THESE SOURCES
People around me, my leaders	
Life experiences	
Books and media	
Classroom/teachers	
The scriptures, holy places, the Lord	

"Seek knowledge from the cradle to the grave."

THE PROPHET MUHAMMAD

"My son, do not forget my teaching, but let your mind retain my commandments; For they will bestow on you length of days, years of life and well-being."

**TANAKH
PROV 3:1-2**

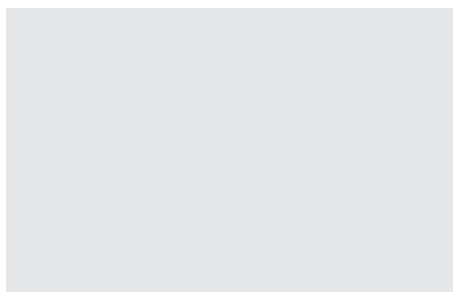
Discuss: How can you continue to learn and grow every day?

Commit: Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Look for opportunities to learn, and write what you learn.
- Teach your family about the different sources of lifelong learning. Consider ways your family could gain more education—for both adults and children.
- Continue to practice the previous foundation principles.

THE GLORY OF GOD IS INTELLIGENCE

To be replaced with a new script.



“Are those who know equal to those who do not know?”

QURAN 39:9

“We have a responsibility and a challenge to take our places in the world of business, science, government, medicine, education, and every other worthwhile and constructive vocation. We have an obligation to train our hands and minds to excel in the work of the world for the blessing of all mankind.”

GORDON B. HINCKLEY

“Study the sciences, acquire more and more knowledge... Happy are those who spend their day gaining knowledge... woe to those who are content with ignorance.”

ABDU'L-BAHA (BAHAI)

“I have not failed. I've just found 10,000 ways that won't work.”

THOMAS EDISON

12 STAY ON TASK, PROGRESS SPIRITUALLY, BECOME SELF-RELIANT

STAY ON TASK, PROGRESS SPIRITUALLY

Ponder: What does it mean to be temporally self-reliant? What does it mean to be spiritually self-reliant?

Watch: “Doing What Matters Most” (No video? Read the next page.)

Discuss: What are some things people do to waste their time? The Lord commands his people to worship him and sacrifice even when they are very poor. Why?

Read: The scriptures and quotations in the margins. Why is it important to seek the Lord and His righteousness first in our lives?

Ponder: Consider the quote below. How is it relevant to your life?

“In contrast to the institutions of the world, which teach us how to know something, the [Lord] challenges us to become something... It is not enough to go through the motions. What is important in the end is what we have become by our labors.”

-Dallin H. Oaks

Commit: Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Write a mission statement for what you plan to do and become in your life. Include what you will do to achieve this plan and how you will have the Lord help you.
- Share this with a friend and your family. Teach them how focusing on the Lord will help them succeed spiritually and temporally, and discuss with them what you must do to progress spiritually and receive the Lord’s power.
- Continue to practice the previous foundation principles.

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

NEW TESTAMENT
MATTHEW 6:33

“In everything you do, put God first, and he will direct you and crown your efforts with success.”

TANAKH
PROVERBS 3:6

“Self-reliance is the ability, commitment and effort to provide for yourself and your family the spiritual and temporal necessities of life.”

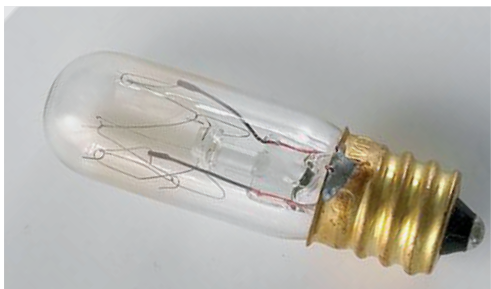
HANDBOOK OF INSTRUCTIONS

“Every morning we are born again. What we do today is what matters most.”

BUDDHA

DOING WHAT MATTERS MOST

If you are unable to watch the video, read this script.



A plane crashed in Florida one dark night in December. Over 100 people were killed. It was just 20 miles from safety.

After the accident, investigators tried to determine the cause. The landing gear had indeed lowered properly. The plane was in perfect mechanical condition. Everything was working properly—all except one thing:

a single burned-out light bulb. That tiny bulb—worth about 20 cents—started the chain of events that ultimately led to the tragic deaths of over 100 people.

Of course, the malfunctioning light bulb didn't cause the accident; it happened because the crew placed its focus on something that seemed to matter at the moment while losing sight of what mattered most.

The tendency to focus on the insignificant at the expense of the profound happens not only to pilots but to everyone. We are all at risk. ... Are your thoughts and heart focused on those short-lived fleeting things that matter only in the moment or on things that matter most?

-Dieter F. Uchtdorf

"Two roads diverged in a wood and I-- I took the one less traveled by, and that has made all the difference."

ROBERT FROST

"Be yourself; no base imitator of another, but your best self. There is something which you can do better than another. Listen to the inward voice and bravely obey that. Do the things at which you are great, not what you were never made for."

RALPH WALDO EMERSON

RELIGIOUS TEXT BY RELIGION

Buddhism

THE SUTRAS: A compilation of more than 2000 sacred writings. Different divisions within Buddhism emphasize different sutras.

TRIPITAKA: The earliest collection of Buddhist teachings.

TIBETAN BOOK OF THE DEAD: The book most well known by the West describing the stages of death, the interval between death and rebirth, and rebirth.

Bahá í

TABLETS OF BAHÁ'U'LLÁH: Selected tablets written by Baha'u'lláh, the founder of the Baháí faith, and published together in 1978.

Christianity

THE HOLY BIBLE (CONSISTING OF TWO PARTS):

OLD TESTAMENT: The first portion of the Christian Bible containing the history of the Israelites, wisdom books, and the books of biblical prophets.

NEW TESTAMENT: The second portion of the Christian Bible containing the life and teachings of Jesus Christ up until his death, and the ministry of his apostles.

Hinduism

THE VEDAS: A vast collection of books, hymns, and poems that include temporal and spiritual knowledge.

Islam

QUR'AN: The word of God as dictated to the Prophet Muhammad; teaches about all aspects of human existence.

Judaism

The **TANAKH** is an acronym for the **Torah** (the Law or first five books of Moses), the **Nevi'im** (the Prophets), and the **Ketuv'im** (the Writings).

Mormonism

THE HOLY BIBLE (CONSISTING OF TWO PARTS):

OLD TESTAMENT: The first portion of the Holy Bible containing the history of the Israelites, wisdom books, and the books of biblical prophets.

NEW TESTAMENT: The second portion of the Holy Bible containing the life and teachings of Jesus Christ up until his death, and the ministry of his apostles.

BOOK OF MORMON: The communication between God and His prophets in the ancient Americas and a record of the visitation of Jesus Christ on the American continent.

DOCTRINE AND COVENANTS: A collection of divine revelations and inspired declarations given for the establishment and regulation of The Church of Jesus Christ of Latter-day Saints.

HANDBOOK OF INSTRUCTIONS: A two-volume book of instructions and policies for leaders of the Church of Jesus Christ of Latter-day Saints.

Sikhism

GURU GRANTH SAHIB: *The central religious scripture of Sikhism; regarded by Sikhs as the final, sovereign and eternal living Guru following the lineage of the ten human Gurus of the religion.*

QUOTES: LIST OF AUTHORS (BY ORDER OF APPEARANCE)

CHAPTER 1

BHAGAVAD GITA: *often referred to as the Gita, is a 700-verse Hindu scripture written in Sanskrit that is part of the Hindu epic Mahabharata. Hindu traditionalists assert that the Gita came into existence in the third or fourth millennium BCE.*

MAHATMA GANDHI: (1869-1848) *The preeminent leader of the Indian independence movement in British-ruled India. Employing nonviolent civil disobedience, Gandhi led India to independence and inspired movements for civil rights and freedom across the world.*

ERIC LIDDELL: (1902-1945) *A Scottish athlete, rugby union international player, and missionary, who was forced to choose between his religious beliefs and competing in an Olympic race. After refusing to run in the heats on a Sunday for his favored distance, men's 100 meters, Liddell could still compete in the men's 400 meters at the 1924 Summer Olympics in Paris, which he won. He returned to China in 1925 to serve as a missionary teacher. Aside from two furloughs in Scotland, he remained in China until his 1945 death in a Japanese civilian internment camp.*

RABBI LAZER GERKOW: *A respected writer, scholar and speaker, Rabbi Gerkow is the spiritual leader of Beth Tefilah congregation in London, Ontario, Canada.*

NELSON MANDELA: (1918-2013) *A South African anti-apartheid revolutionary, politician, and philanthropist who served as President of South Africa from 1994 to 1999.*

ELDER DAVID A. BEDNAR: (1952-present) *A member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints. Elder Bednar was also president of Brigham Young University-Idaho.*

CHAPTER 2

RUMI: (1207 - 1273) *A Persian poet, Islamic scholar, theologian, and Sufi mystic. Rumi's influence extends to several countries and ethnic groups within the Middle East, Central and South Asia.*

WILLIAM PENN: (1644-1718) *An English philosopher, early Quaker and founder of the Province of Pennsylvania, the English North American colony and the future Commonwealth of Pennsylvania.*

MOTHER TERESA OF CALCUTTA, MC: (1910-1997) *An Albanian Roman Catholic religious sister and missionary who established the Order of the Missionaries of Charity. World renowned for her remarkable charitable service to the leprosy-affected community in India.*

C.S. LEWIS: (1898-1963) *A British novelist, poet, academic, and Christian apologist.*

HENRY DAVID THOREAU: (1817-1862) *An influential American author, poet, philosopher, and abolitionist.*

LAO TZU OR LAO ZI: (601 BC-531 BC) *A philosopher and poet of ancient China. He is known as the reputed author of the Tao Te Ching and the founder of philosophical Taoism, and as a deity in religious Taoism and traditional Chinese religions.*

NEAL A. MAXWELL: (1926 – 2004) *A Christian author and a member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints from 1981 until his death.*

CHAPTER 3

CONFUCIUS: (551 -479 BC) was a Chinese teacher, politician, and philosopher. The philosophy of Confucius emphasized personal and governmental morality, correctness of social relationships, justice and sincerity. Confucius's thoughts were developed into a system known as Confucianism.

MARTIN LUTHER KING JR: (1929-1968) was a Baptist minister, activist, humanitarian, and leader in the African-American Civil Rights Movement. He is best known for his role in the advancement of civil rights using nonviolent civil disobedience based on his Christian beliefs.

MAHATMA GANDHI: (1869-1948) The preeminent leader of the Indian independence movement in British-ruled India. Employing nonviolent civil disobedience, Gandhi led India to independence and inspired movements for civil rights and freedom across the world.

BUDDHA: (564 BC-484 BC) A sage on whose teachings Buddhism was founded. He is believed to have lived and taught mostly in the eastern part of the Indian subcontinent sometime between the sixth and fourth centuries BCE.

C.S. LEWIS: (1898-1963) A British novelist, poet, academic and Christian apologist.

THOMAS S. MONSON: (1927-present) American prophet, religious leader, author, and the sixteenth President of The Church of Jesus Christ of Latter-day Saints.

RAMAKRISHNA PARAMAHAMSA: (1836 -1886) was an Indian mystic, philosopher and yogi. He was the founder of the Ramakrishna Order, which acquired worldwide influence in the spread of modern Hinduism. His influence led many organizations to work in health care, disaster relief, rural management, tribal welfare, elementary and higher education.

C. TERRY WARNER: A Christian professor, author and business consultant. He is known for his book *The Bonds That Make Us Free*.

CHAPTER 4

BENJAMIN FRANKLIN: (1706-1790) One of the founding fathers of the United States. A renowned polymath, Franklin was a leading author, political theorist, politician, scientist, inventor, civic activist, statesman, and diplomat.

NATHAN W. MORRIS: (1979-present) A personal finance expert, author of "Your 33 Day Money Action Plan," speaker, and financial coach.

DAVE RAMSEY: (1960-present) An American financial author, radio host, and motivational speaker. He focuses mainly on encouraging people to get out of debt.

CHAPTER 5

THOMAS EDISON: (1847-1931) An American inventor and businessman. He developed many devices that greatly influenced life around the world, including the phonograph, the motion picture camera, and the long-lasting, practical electric light bulb.

FLORENCE NIGHTINGALE: (1820-1910) A celebrated English social reformer and the recognized founder of modern nursing.

DALAI LAMA XIV: (1935-present) An important monk of the Gelug school, the newest school of Tibetan Buddhism which is nominally headed by the Ganden Tripas. The 14th Dalai Lama received the Nobel Peace Prize in 1989, and is known for his advocacy for Tibetans worldwide and his lifelong interest in modern science.

ASHTON KUTCHER: (1978-present) *An American actor, producer, investor and former model.*

ELDER D. TODD CRISTOFFERSON: (1945-present) *A member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints.*

CHAPTER 6

CONFUCIUS: (551 -479 BC) *was a Chinese teacher, politician, and philosopher. The philosophy of Confucius emphasized personal and governmental morality, correctness of social relationships, justice and sincerity. Confucius's thoughts were developed into a system known as Confucianism.*

LAO TZU OR LAO ZI: (601 BC-531 BC) *A philosopher and poet of ancient China. He is known as the reputed author of the Tao Te Ching and the founder of philosophical Taoism, and as a deity in religious Taoism and traditional Chinese religions.*

ST. FRANCIS OF ASSISI: (1181-1226) *An Italian Roman Catholic friar and preacher. Francis is one of the most venerated religious figures in history.*

ELDER ROBERT D. HALES: (1932-present) *a member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints.*

DIETRICH BONHOEFFER :(1906 -1945) *was a German Lutheran pastor and theologian. He is widely known for his book The Cost of Discipleship. He was also an important leader against the Nazi dictatorship under Hitler.*

AUGUSTINE (OG) MANDINO: (1923-1996) *An American author. His books have sold over 50 million copies and have been translated into more than twenty-five different languages.*

ELDER DALLIN H. OAKS: (1932-present) *An American attorney, jurist, author, professor, and religious leader. Since 1984, he has been a member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints.*

CHAPTER 7

MOTHER TERESA OF CALCUTTA, MC: (1910-1997) *An Albanian Roman Catholic religious sister and missionary who established the Order of the Missionaries of Charity. World renowned for her remarkable charitable service to the leprosy-affected community in India.*

ABRAHAM LINCOLN: (1809-1865) *The 16th President of the United States, who led the United States through its Civil War. In doing so, he preserved the Union, abolished slavery, strengthened the federal government, and modernized the economy.*

THE PROPHET MUHAMMAD: (570-632) *The central figure of Islam and widely regarded as its founder. He is known to Muslims as the "Holy Prophet." He united Arabia into a single Muslim polity and ensured that his teachings, practices, and the Qur'an, which Muslims believe was revealed to him by God, formed the basis of Islamic religious belief.*

CHAPTER 8

ELDER RUSSELL M. NELSON: (1924-present) *An American religious leader who is currently the president of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints and an internationally renowned cardiothoracic surgeon.*

STEPHEN R. COVEY: (1932-2012) *An American educator, author and businessman.*

CORRIE TEN BOOM: (1892 -1983) *A Dutch Christian who worked with her family to help many Jews escape the Nazi Holocaust during World War II. She was imprisoned for her actions. She is known for her book, The Hiding Place.*

MAHATMA GANDHI: (1869-1848) *The preeminent leader of the Indian independence movement in British-ruled India. Employing nonviolent civil disobedience, Gandhi led India to independence and inspired movements for civil rights and freedom across the world.*

ELDER DIETER F. UCHTDORF: (1940-present) *A German aviator, airline executive and religious leader. He currently serves as the Second Counselor in the First Presidency of The Church of Jesus Christ of Latter-day Saints.*

CHAPTER 9

ABRAHAM LINCOLN: (1809-1865) *The 16th President of the United States, who led the United States through its Civil War. In doing so, he preserved the Union, abolished slavery, strengthened the federal government, and modernized the economy.*

GORDON B. HINCKLEY: (1910-2008) *An American religious leader and author who served as the 15th President of the Church of Jesus Christ of Latter-day Saints, accepted as a prophet, seer, and revelator by the church members.*

ANAIS NIN: (1903-1977) *An author born to Cuban parents in France, Ms. Nin wrote journals (which span more than 60 years, beginning when she was 11 years old and ending shortly before her death), novels, critical studies, essays, and short stories.*

ERIC LIDDELL: (1902-1945) *A Scottish athlete, rugby union international player, and missionary, who was forced to choose between his religious beliefs and competing in an Olympic race. After refusing to run in the heats on a Sunday for his favored distance, men's 100 meters, Liddell could still compete in the men's 400 meters at the 1924 Summer Olympics in Paris, which he won. He returned to China in 1925 to serve as a missionary teacher. Aside from two furloughs in Scotland, he remained in China until his 1945 death in a Japanese civilian internment camp.*

JOHANN WOLFGANG VON GOETHE: (1749 - 1832) *One of the most famous German writers in History. He was a poet, novelist, playwright, philosopher and diplomat.*

HEBER J. GRANT: (1856 – 1945) *A businessman and Christian religious leader who served as the seventh president of The Church of Jesus Christ of Latter-day Saints.*

POPE PAUL XXIII (ANGELO GIUSEPPE RONCALLI): (1881-1963) *The world leader for the Roman Catholic Church from 1958-1963.*

CHAPTER 10

THE PROPHET MUHAMMAD: (570-632) *The central figure of Islam and widely regarded as its founder.[2][3] He is known to Muslims as the "Holy Prophet". He united Arabia into a single Muslim polity and ensured that his teachings, practices, and the Quran, which Muslims believe was revealed to him by God, formed the basis of Islamic religious belief.*

ELDER JOSEPH B. WIRTHLIN: (1917-2008) *An American businessman, religious leader and member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints.*

C.S. LEWIS: (1898-1963) *A British novelist, poet, academic, medievalist, literary critic, essayist, lay theologian, broadcaster, lecturer, and Christian apologist.*

WILLIAM SHAKESPEARE: (1564 -1616) *An English poet, playwright, and actor. He is known worldwide as the greatest writer in the English language. His plays have been translated into every major living language and are performed more often than those of any other playwright.*

ALBERT EINSTEIN: (1879-1955) *A German-born theoretical physicist. He developed the general theory of relativity, one of the two pillars of modern physics.*

ELDER ROBERT C. GAY: (1951-present) A general authority of The Church of Jesus Christ of Latter-day Saints. Prior to becoming a general authority, Elder Gay was the managing director, co-founder and CEO of Huntsman Gay Global Capital. He also served for sixteen years as the managing director of Bain Capital.

CHAPTER 11

RAMANA MAHARSHI: (1879 - 1950) was an Indian sage and jivanmukta. As a spiritual leader, self-enquiry and self-awareness were his principal focus.

THE PROPHET MUHAMMAD: (570-632) The central figure of Islam and widely regarded as its founder. He is known to Muslims as the “Holy Prophet”. He united Arabia into a single Muslim polity and ensured that his teachings, practices, and the Quran, which Muslims believe was revealed to him by God, formed the basis of Islamic religious belief.

GORDON B. HINCKLEY: (1910-2008) An American religious leader and author who served as the 15th President of The Church of Jesus Christ of Latter-day Saints. Accepted as a prophet, seer, and revelator by the church members.

‘ABDU’L-BAHÁ’: (1844 - 1921) Born in Iran, he was the founder of the Bahá’í Faith.

THOMAS EDISON: (1847-1931) An American inventor and businessman. He developed many devices that greatly influenced life around the world, including the phonograph, the motion picture camera, and the long-lasting, practical electric light bulb.

CHAPTER 12

BUDDHA: (564 BC-484 BC) A sage on whose teachings Buddhism was founded. He is believed to have lived and taught mostly in the eastern part of the Indian subcontinent sometime between the sixth and fourth centuries BCE.

ROBERT FROST: (1874 –1963) An American poet. He received four Pulitzer Prizes for Poetry. He was also awarded the Congressional Gold Medal in 1960 for his poetical works.

RALPH WALDO EMERSON: (1803-1882) An American essayist, lecturer, and poet who led the American Transcendentalist movement of the mid-19th century.

ELDER DIETER F. UCHTDORF: (1940-present) A German aviator, airline executive and religious leader. He currently serves as the Second Counselor in the First Presidency of The Church of Jesus Christ of Latter-day Saints.

DRAFT



RELIGIOUS FREEDOM &
BUSINESS FOUNDATION

ACT
daily with
accountability