

**The day of the meeting:**

- Text or call group members, if you have their contact information. Ask if they are coming to the meeting. Invite them to arrive 10 minutes early to sign the roll.
- Prepare the meeting materials:
  - Bring a copy of the booklet *My Foundation: Principles, Skills, Habits* for each group member.
  - Bring five extra copies of the *My Path to Self-Reliance* booklet in case group members did not receive a copy.
  - Prepare a way to show videos, if possible.
  - Don't have books or videos? You can get them online at [srs.lds.org](http://srs.lds.org).

**Set up before the meeting:**

- Set chairs around a table so everyone can be close.
  - The facilitator does not stand during the meeting and does not sit at the head of the table. The facilitator should not be the center of attention but should help the group members focus on each other.
- Draw commitment chart on the board with the names of the people in your group beginning with the 2nd lesson.

COMMITMENT CHART FOR MY FOUNDATION COURSE				
Group Member Name	Personal Commitments (Yes/No)	Lesson Commitment (Yes/No)	Taught to Family / Others (Yes/No)	Reported to Action Partner (Yes/No)

**At the start of the meeting:**

- Greet group members warmly as they arrive. Learn their names.
- At the beginning of the first group meeting pass around a piece of paper and ask group members to write their full names, ward or branch, and contact information.
- Say: “Welcome to this self-reliance group.”
- Ask people to turn off their phones and other devices.
- Have an opening prayer (and hymn, if desired).
- Say the following:
  - “This is a self-reliance group called ‘My Foundation’. “Are all of you here to improve your spiritual self-reliance?”
  - “By the end of these meetings, you will develop skills and habits to improve your life.
  - “We will meet 12 times. Each meeting will take between 35 and 60 minutes. We will also spend additional time in between group meeting keeping our commitments that will help us develop better habits. Will you make this time commitment?”

**During the meeting:**

- Allow 5 minutes for Report, 20 minutes for Learn and 5-10 minutes for Ponder, Commit and Share at the end of the group meeting.

**My Path Assessment:** Pages 4-5 and the section on page 6 “How can I increase my Spiritual Self-Reliance?” of the My Path booklet should be completed before beginning the My Foundation course. If participants did not participate in a My Path devotional this can be done in the first weekly group meeting making this course a thirteen week course. **Pages 12-13 should be completed during the last weekly group meeting of the course** to evaluate progress.

# My Foundation Only Group Outline



**REPORT** 5 minutes

## DID I KEEP MY COMMITMENTS?

**Read:** We will report our progress on keeping our commitments by recording our progress on the commitment chart.

**Discuss:** What did you learn by keeping your commitments? How can we help? Let's counsel together and help each other. This is the most important discussion of this meeting.



**LEARN FROM MY FOUNDATION** 20 minutes

At the end of this session do the following:



**PONDER** 3-5 minutes

Review the scriptures from the manual. Take time to ponder what you learn. Feel free to write down your impressions.



**COMMIT** 3-5 minutes

## HOW WILL I MAKE DAILY PROGRESS?

**Read:** Each week we will choose an "action partner." This is a group member who will help us to keep our commitments. Action partners should contact each other during the week and report their progress to each other. Generally action partners are the same gender and are not a family member.

**Practice:** Choose your action partner. Decide when and how you will contact each other.

**Read each commitment aloud to your action partner. Promise to keep your commitments!**

## HOW WILL I REPORT MY PROGRESS?

**Watch:** "Action and Commitment" video (first week only)

**Read:** When we report on our commitments, we are more likely to keep them. President Monson said, "When performance is measured, performance improves. When performance is measured and reported, the rate of improvement accelerates."

**Practice:** Before the next meeting, use the commitment chart to record your progress. Write "Yes", "No," or the number of times you did the commitment.

**Read:** At our next group meeting, the facilitator will draw a commitment chart on the board. We will write our progress on the board when we arrive.