

SPIRITUAL GOALS

PURPOSEFUL PRAYER  
SCRIPTURE STUDY  
& WEEKLY FHE

*Keep the*  
Sabbath Day  
HOLY  
*at church & at home*

OBTAIN A TEMPLE  
RECOMMEND  
AND CALENDAR YOUR TEMPLE WORSHIP



TEMPORAL GOALS

  
*3 month*  
FOOD SUPPLY  
for each person in  
your family

  
*1 week*  
WATER SUPPLY  
with purification  
(14 gallons/person)

  
*Pay off*  
PERSONAL DEBT  
and save to cover 3  
months of expenses