

## ***A Quick View of Financial Emergency Preparedness***

### **Before a Financial Emergency**

1. Pay tithes and offerings.
2. Avoid debt.
  - a. Spend less than you earn.
  - b. Avoid taking on debt, with the exception of buying a modest home or paying for education or other vital needs.
  - c. Pay off debt as quickly as possible.
3. Develop a financial vision.
  - a. Create a budget and review it regularly.
  - b. Adjust your expenses to suit your income.
  - c. Plan for sufficient medical, auto, homeowner's, and life insurance.
  - d. Create a wise investment program to prepare for financial security, possible disability, and retirement.
4. Practice principles of provident living, including hard work, frugality, and saving.
  - a. Build a financial reserve for emergencies. Keep some cash on hand.
  - b. Store a reserve of food, water, clothing, and fuel, where possible.
  - c. Practice self-reliance skills, such as rotating and cooking stored foods.
5. Pursue education for you and your family.
  - a. Obtain as much education as possible.
  - b. Develop multiple ways to earn.
  - c. Teach family members the principles of financial management and provident living.
  - d. Establish a network of education and business associates for mutual support.
6. Organize your important papers.
  - a. Assemble a binder or file box with essential financial papers.
  - b. Include important legal documents, such as vital certificates, insurance information, and wills.

### **During a Financial Emergency**

1. Seek the Lord's help.
  - a. Seek inspiration: read the scriptures, pray, and listen for promptings.
  - b. Cultivate faith: pay tithes and offerings first before other needs.  
Matthew 6:33 "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."
2. Reduce expenses.
  - a. Look for areas to spend less: pack lunch, eliminate premium cable channels, etc.
  - b. Shop for good deals.
  - c. Simplify your life.
3. Increase income.
  - a. Identify your strengths and take careful stock of assets.
  - b. Sell unnecessary belongings.
  - c. Harness your family's strength by finding earning opportunities where you can work together.
  - d. Empower individual family members by identifying how they can contribute.
    1. Replace helplessness with synergy.
    2. Express gratitude for each other.
  - e. Seek assistance from your network of friends and business associates.

4. Keep perspective through service.
  - a. Help your neighbor without recompense and sometimes anonymously.
  - b. Be happy when you can be part of the ninety-nine who help the one.
  - c. Recognize that the empathy that comes through experiencing adversity can increase our capacity for charity.
5. Cultivate gratitude and an attitude of abundance.
  - a. Count your blessings as a family. Make a list together.
  - b. Resist fear, materialism, and envy.
    1. Divide your worries into two lists--things you can do something about and things you can't.
    - The Serenity Prayer: "God grant me the courage to change the things I can, the serenity to accept the things I can't, and the wisdom to know the difference."
    2. Help your children feel secure.
  - c. Beware of monkey traps.
    1. Let go of things that don't matter, regardless of "sunken cost."
    2. Avoid high-risk investments and get-rich-quick schemes.
6. Recognize God's hand in our lives.
  - a. Remember that we can't always control the circumstances of life.
    1. Failure is normal. Look at failure as a building block, a learning experience.
    2. Try not to murmur.
  - b. Choose to see adversity as purposeful.  
 D&C 122:7 "Know thou, my son, that all these things shall give thee experience, and shall be for thy good."
    1. Ask your family, "What have we learned?" and make a list.
    2. Keep a journal to help you see long-term lessons.