

SAINTS GLOBAL

ACTIVITY PLAN

SELF-RELIANCE

INTELLECTUAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

THE CULMINATING EVENT

The 24-hour stewardship period

Between Sessions 3 and 4, each saint lives 24 hours relying only on the food he prepared, the water he treated and stored, and a fixed amount of money he set aside in Session 3. No resupply, no borrowing, no eating out. The day is the field test for everything the four sessions prepare for and the only way Req 3d actually gets earned.

HOME — THE SAINT'S OWN KITCHEN, WATER SOURCE, AND WALLET OVER ONE FULL DAY

SESSION 1 · INTELLECTUAL CORE

⌚ 60 min target

A real hardship and what it cost

*Self-reliance starts with naming where you are already dependent.***SESSION AIM**

Open the badge by working from a real hardship the saint or someone close to him has lived through. Read Proverbs 21:5 and D&C 104:13–15 against that hardship and against his own current dependency on money, food, and water. Saints leave with the stewardship plan worksheet started and a Session 2 deadline to finish the vulnerability column at home.

WALK AWAY WITH

- Has named one real hardship from lack of money, food, or water and one preparation that would have changed it
- Has connected Proverbs 21:5 and D&C 104:13–15 to a specific area of his own life
- Has the stewardship plan worksheet started and homework to finish it before Session 2

BRING / SET UP

- A printed stewardship plan worksheet (one per saint) — the same sheet carries through Sessions 2, 3, and 4
- Open Bibles or scriptures (one per pair) — Proverbs 21:5 and D&C 104:13–15 marked
- Pens or pencils (one per saint)
- A whiteboard or large sheet of paper for the leader to capture group hardship examples

THE HOUR**BLOCK 1 · DISCUSSION Opener — A real hardship**

⌚ 5 min

Ask each saint to name a time he or someone in his household ran short on money, food, or water — a real story, not a hypothetical. Keep the answers short. Write the categories on the board as the saints name them. Work from a real hardship; an abstract one gives the saints nothing to plan against.

BLOCK 2 · SCRIPTURE Scripture connection — diligent stewards

⌚ 12 min

1. Read Proverbs 21:5 aloud as a group. Have one saint paraphrase it in his own words.
2. Read D&C 104:13–15 aloud. Pause on "stewards" and "diligent" and ask what each one means in plain terms.
3. Each youth picks one area of his current life where he is being a steward and one area where he is being dependent without thinking about it. He names both aloud.
4. Land the link plainly: preparation is what diligent stewardship looks like in money, food, and water. Move on — do not preach the point.

REQ 1A

SESSION 1 · A REAL HARDSHIP AND WHAT IT COST (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 3 · CREATIVE Trace one hardship to a missing skill

⌚ 25 min

1. Each youth writes one real moment of hardship from money, food, or water in the top row of the stewardship plan worksheet — the situation, who it affected, and how long it lasted.
2. Underneath, he names what specifically would have reduced the impact: a different decision, a stored resource, a skill nobody in the household had.
3. Pair up. Each saint reads his to his partner. The partner asks one question: "What is the smallest preparation that would have changed that outcome?"
4. Bring the pairs back. Three saints read their hardship and their smallest-preparation line to the group. Capture the preparations on the board.

REQ 1B

BLOCK 4 · DISCUSSION Where money, food, and water meet your week

⌚ 13 min

1. On the board, list five things each saint did in the last 48 hours that involved money, food, or water — without thinking about it.
2. Discuss which of those would still work if the household had to manage tight resources for one week.
3. Name the three most common dependencies the group surfaced (e.g. "I eat what is bought," "I drink from the tap and never store anything," "I spend without tracking").
4. Explain that vulnerability mapping is the start of the Session 2 plan, not panic about scarcity.

BLOCK 5 · REFLECTION Close — Finish the inventory at home

⌚ 5 min

1. Each saint takes the stewardship plan worksheet home and fills the vulnerability column for money, food, and water before Session 2.
2. The leader writes the Session 2 date on the worksheet and on each saint's BRC.

AT THE CLOSE · DEBRIEF

1. Which of the three categories — money, food, or water — surprised you most when you looked at your own week?
2. What did your partner ask you that made you rewrite your "smallest preparation" line?
3. What is one dependency you walked into the room with that you can already see plainly now?

☒ Initial 1a and 1b on each saint's BRC after this session. Note any saint whose worksheet vulnerability column is still blank and follow up before Session 2.

SESSION 2 · INTELLECTUAL CORE

⌚ 60 min target

Plan under constraint

*A written plan beats good intentions when resources tighten.***SESSION AIM**

Saints work the stewardship plan worksheet through to a written, action-based plan: one named vulnerability in each of money, food, and water, and a first/second/third move under short constraint. The session ends with the 24-hour stewardship period — the badge's big day — locked in on the calendar.

🎯 WALK AWAY WITH

- Has identified one concrete vulnerability in money, food, and water on the stewardship plan worksheet
- Has written a personal plan in his own handwriting for managing money, food, and water through one short constrained period
- Has the 24-hour stewardship period date scheduled on the calendar before Session 4

📦 BRING / SET UP

- Each saint brings: the stewardship plan worksheet started in Session 1, with the vulnerability column filled in
- Pens or pencils (one per saint)
- A printed sample household budget (one per pair) for the spending walkthrough
- A roll of small bills or play money totaling about \$40 per saint for the Session 3 spending decision (collect into envelopes at session end)
- A wall calendar or shared digital calendar pulled up for the date lock-in

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — What you brought back**

⌚ 5 min

Each saint reads one vulnerability he wrote on the worksheet between sessions — money, food, or water — without commentary from the group. The leader writes the categories on the board and notes any common patterns. This sets up the work: the plan answers the vulnerability, not a generic idea of preparedness.

SESSION 2 · PLAN UNDER CONSTRAINT (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · CREATIVE Map the vulnerabilities

⌚ 20 min

1. Each youth finishes the vulnerability column on the stewardship plan worksheet: one named, concrete vulnerability in money, food, and water (e.g. "no cash savings," "cannot cook anything from scratch," "no stored drinking water").
2. Pair up. Each saint reads all three to his partner. The partner challenges anything that reads as abstract ("I rely on my parents") and pushes for the specific failure point.
3. Bring the group back. The leader picks two examples per category and names what could fail in each — a job loss, a supply-chain delay, a water-line break — and what the saint depends on without thinking.
4. Each youth circles the single vulnerability — across all three categories — he thinks is most likely to actually bite him in the next year.

REQ 2A

BLOCK 3 · CREATIVE Write the personal plan

⌚ 20 min

1. Each youth writes a short personal plan on the worksheet — three lines per area — for managing money, food, and water through one week of tight resources.
2. The plan must name a first move, a second move, and a third move per area, in his own handwriting. No timelines, no theory; specific actions.
3. The leader walks the room and pushes any line that reads as a wish ("I would eat less") into an action ("I would split the pantry into seven daily piles before the week starts").
4. Pair up again. Each partner reads back the other's plan and names the first line that would actually work under stress and the first line that would not.
5. Each saint rewrites one of his nine lines based on what the partner said.

REQ 2B

BLOCK 4 · SKILL PRACTICE A spending walkthrough

⌚ 10 min

1. In pairs, saints work a sample household budget on a printed sheet: \$400 left for two weeks, a list of seven needs and four wants, real prices.
2. Each pair must spend the money and explain why each line is in or out. The leader spot-checks two pairs and names one decision in each that traded a want for a need or a need for a want.
3. This is the rehearsal for Session 3 — when each saint will make a real constrained spending decision with real money.

BLOCK 5 · REFLECTION Close — Lock in the 24 hours

⌚ 5 min

1. Each saint picks a calendar date for his 24-hour stewardship period, after Session 3 and before Session 4. He writes the date at the bottom of the worksheet and on his BRC.
2. The leader confirms each date and notes which saints need a parent conversation to make the day work.

SESSION 2 · PLAN UNDER CONSTRAINT (PAGE 3 OF 3)

🗨 AT THE CLOSE · DEBRIEF

1. Which of your nine plan lines did your partner say would not survive a hard day, and what did you change?
2. Which of the three areas — money, food, or water — felt thinnest when you actually wrote the plan?
3. What is the date of your 24-hour stewardship period, and what is one thing about it you have not solved yet?

📝 *Initial 2a and 2b on each saint's BRC after this session. Confirm each saint has a 24-hour date scheduled before Session 4 and a written plan he can act from.*

SESSION 3 · INTELLECTUAL CORE

⌚ 60 min target

Practice money, food, and water

Practice the three skills the 24 hours will demand.

SESSION AIM

Practice the three concrete skills the 24-hour stewardship period will demand: a constrained spending decision with limited real funds, a meal cooked from basic ingredients, and one practical water-treatment-and-storage method. Saints leave provisioned for the 24 hours and with the date locked.

🎯 WALK AWAY WITH

- Has made one real constrained spending decision with real money and explained the trade-off
- Has cooked one complete meal from basic ingredients with planning and minimal waste
- Has treated water with one practical method and set up safe storage he can replicate at home
- Has the 24-hour stewardship period fully provisioned and on the calendar

📦 BRING / SET UP

- Each saint brings: the stewardship plan worksheet, his own water bottle or storage container, and an apron or work shirt
- An envelope of small bills per saint (about \$25–40) plus a printed list of grocery prices for the spending decision
- Basic ingredients to cook for the group: rice, dried beans, an onion, a carrot or two, cooking oil, salt, one inexpensive protein (eggs or canned tuna)
- A camp stove or kitchen stove, one pot, one pan, mixing bowls, cutting boards, knives appropriate to the saints' age
- Water-treatment kit: a clean filter (gravity, pump, or squeeze), a kettle for boiling, one bottle of unscented household bleach with a dosing chart, food-grade storage jugs, sanitizing solution
- A printed water-treatment field card (one per saint) and a roll of masking tape and a marker for labeling jugs

📅 THE HOUR**BLOCK 1 · DISCUSSION Opener — Two days out**

⌚ 5 min

Each saint names his 24-hour stewardship date out loud and one thing he is still unsure about — a meal he does not know how to cook, a water container he has not bought, a money decision he has not made. Capture them on the board. Tonight's hour is built to close those gaps before the 24 hours begin.

SESSION 3 · PRACTICE MONEY, FOOD, AND WATER (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · ROLEPLAY **Make a real spending decision**

⌚ 12 min

1. Hand each saint an envelope of cash and a printed list of grocery prices that includes seven needs and four wants for the 24 hours.
2. Each saint chooses what to buy with the cash he has — he cannot spend a dollar more — and writes the final list on the worksheet.
3. Each youth explains his final choice aloud to a partner: one thing he bought, one thing he set aside, and why.
4. The leader collects each envelope at the end of the block and labels it for the saint's 24-hour day; this is the money he will live on.

REQ 3A

BLOCK 3 · SKILL PRACTICE **Cook a basic meal**

⌚ 23 min

1. In pairs, saints plan a complete meal for two people from rice, dried beans, one vegetable, and the available protein.
2. Each pair calculates portion size before cooking — how much dry rice and dry beans actually feeds two without leftovers spoiling.
3. Cook the meal at the stove. Each youth handles one of: rinsing and soaking, measuring and timing the rice, sautéing the vegetable, finishing the protein.
4. Eat the meal together. Each pair names one ingredient that could stretch the meal to a second day and how.
5. Clean up in the same pairs — wasted food, water, and energy all count toward the debrief.

REQ 3B

BLOCK 4 · SKILL PRACTICE **Treat and store the water**

⌚ 15 min

1. Walk the group through the field card: boiling (one full minute at a rolling boil), filtration (filter pore size and what it removes), chemical treatment (the bleach dose for one gallon of clear water), and storage rotation (date the jug, keep it cool and dark, swap every six months).
2. Each youth performs one method himself with real water — boiling a small kettle, filtering a liter through the gravity filter, or dosing and labeling one gallon.
3. Each saint then fills and labels the storage container he brought, marked with today's date and the method used. This container goes home with him for the 24 hours.
4. The leader confirms each container is sealed, labeled, and safe to drink from.

REQ 3C

BLOCK 5 · REFLECTION **Close — The 24 hours starts when**

⌚ 5 min

1. Each saint confirms his 24-hour start time, his money envelope, his water container, and his planned meal in front of the leader.
2. The leader notes any saint who is not fully provisioned and schedules a one-on-one before the date.

SESSION 3 · PRACTICE MONEY, FOOD, AND WATER (PAGE 3 OF 3)

🗨 AT THE CLOSE · DEBRIEF

1. When you made the real spending decision tonight, what did you set aside that you wanted, and why that thing?
2. Which step of cooking the meal — planning the portion, the timing, or the cleanup — was the one you would do differently next time?
3. When your water container is sitting in your kitchen on the morning of your 24 hours, what will you do first with it?

📝 *Initial 3a, 3b, and 3c on each saint's BRC after this session. Req 3d is locked to the off-meeting 24-hour stewardship period — record the scheduled date and confirm provisioning. Any saint not fully provisioned must complete a one-on-one before his date.*

SESSION 4 · INTELLECTUAL CORE

⌚ 60 min target

Account for the 24 hours and sign off

Debrief the 24 hours, connect self-reliance to service, finish the badge.

SESSION AIM

Debrief the 24-hour stewardship period together — what was hardest, what comfort or waste each saint now sees that he did not see before. Connect self-reliance to capacity to serve, and close the badge with a written commitment that names one habit to keep, one to drop, and one act of service in the next month.

WALK AWAY WITH

- Has told the story of his hardest moment in the 24 hours and what he did with it
- Has named how his view of comfort, waste, and dependence changed during the badge
- Has connected self-reliance to one specific act of service to family, neighbor, or community
- Has a fully signed BRC

BRING / SET UP

- Each saint brings: the stewardship plan worksheet (with the 24-hour notes added), his BRC, and any leftover money from the spending envelope
- Half-sheets of paper and pens (one per saint) for the "keep, drop, serve" close
- Open Bibles or scriptures (one per pair) — Mosiah 4:26 and D&C 38:30 bookmarked
- A list of one or two local service openings the group could plug into this month (food pantry shift, helping a neighbor with a project, family preparedness audit)

THE HOUR**BLOCK 1 · DISCUSSION Opener — The 24-hour report**

⌚ 5 min

Each saint names his 24-hour date out loud and one single fact from the day: what time he got hungry, what he ate that he had not planned for, how much money he ended with, how much water he had left. Short factual reports. No reflection yet — the next block will do that.

BLOCK 2 · DISCUSSION Strain stories

⌚ 15 min

1. In pairs, each saint tells the story of the hardest moment in his 24 hours — the moment he wanted to break the constraint and what he actually did.
2. Bring the group back. Three saints tell the story to the room. The leader asks one follow-up per story: "What was the cost of the easy out you didn't take?"
3. Each youth then says one sentence about how his view of comfort, waste, or dependence shifted during the day — without explanation, just the sentence.
4. The leader does not correct or expand any of the answers; listening is the work in this block.

REQ 3D

REQ 4A

SESSION 4 · ACCOUNT FOR THE 24 HOURS AND SIGN OFF (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 3 · SCRIPTURE **Scripture connection — provide and serve**

⌚ 15 min

1. Read Mosiah 4:26 aloud as a group. Pause on "according to that which ye have" and ask what that line means for a saint who can now feed himself for a day.
2. Read D&C 38:30 aloud. Land "if ye are prepared ye shall not fear" plainly — being able to handle money, food, and water for a day makes serving others possible.
3. Each youth names one person — by name — in his family, his neighborhood, or his ward who would be helped by him being able to handle money, food, or water for one day.
4. Move on. Do not moralize the connection; it is in the activity.

REQ 4B

BLOCK 4 · CREATIVE **Keep, drop, and serve**

⌚ 15 min

1. On a half-sheet, each saint writes three habits from the badge he will keep — specific ones, with a frequency ("rinse and refill the storage jug the first Saturday of the month").
2. He writes one habit or comfort he will drop because the 24 hours showed him he did not need it.
3. He writes one act of service in the next 30 days that uses the money, food, or water skills the badge built — a name and a date, not a category.
4. Each youth reads his "serve" line to a partner. The partner writes it down too, so two people are holding the saint to the commitment.

REQ 4A

REQ 4B

BLOCK 5 · REFLECTION **BRC sign-off**

⌚ 10 min

1. The leader sits with each saint individually and walks the BRC requirement by requirement, confirming the worksheet evidence, the 24-hour notes, and the keep-drop-serve sheet.
2. Any requirement still outstanding gets a concrete deadline written on the BRC and a follow-up date.
3. Saints whose BRC fully signs off receive the leader's signature tonight; the others receive a written next step.

AT THE CLOSE · DEBRIEF

1. Which moment in your 24 hours do you think will still come to mind a month from now?
2. Which of your three keep-habits are you most worried you will drop first, and what will you do to keep it?
3. When you actually serve the person you named tonight, how will you know the badge taught you the thing that helped you do it?

☑ Initial 3d, 4a, and 4b on each saint's BRC after this session. With evidence from the 24-hour stewardship period in hand, the BRC should fully sign off tonight for any saint who completed the period and the keep-drop-serve sheet.

HANDOUT 1 OF 2

FROM SESSION 2 — MAP THE VULNERABILITIES

The Stewardship Plan Worksheet

Start in Session 1, finish in Session 2, carry through the 24-hour period, bring back to Session 4.

SELF-RELIANCE · WORKSHEET

Write the plan before the 24 hours.

Start in Session 1, finish in Session 2, carry through the 24-hour period, bring back to Session 4.

SAINT _____ DATE STARTED _____

1 VULNERABILITIES & PLAN

one vulnerability and three moves per area

AREA	ONE NAMED VULNERABILITY	FIRST MOVE	SECOND MOVE	THIRD MOVE
MONEY cash, savings, spending control	 	 	 	
FOOD cooking skill, stored basics, portion control	 	 	 	
WATER treatment, storage, rotation	 	 	 	

Vulnerabilities must be concrete — "no cash savings," not "I rely on my parents." Moves must be actions you could do this week.

2 CIRCLE THE FIRST ONE THAT WOULD BITE

Across all three rows, circle the single vulnerability most likely to actually hit your household this year.

Why this one — one sentence _____

If you cannot circle one, you have not been concrete enough in row 1.

3 THE 24-HOUR STEWARDSHIP PERIOD

LOCK IN AT THE SESSION 3 CLOSE

Date _____ Start time _____ End time _____

Money set aside _____ Water on hand (gallons) _____

Planned meals — what you will actually eat

☐ Money envelope sealed, water container labeled, meals provisioned — under my own roof.

Bring this sheet back to Session 4 with the 24-hour notes added in your own handwriting.

Print this handout for in-person reference during session 2 — map the vulnerabilities.

HANDOUT 2 OF 2

FROM SESSION 3 — TREAT AND STORE THE WATER

The Water Treatment Field Card

Print and keep with your storage container. Bring on the 24-hour stewardship period.

SELF-RELIANCE · FIELD CARD

Treat the water before you drink it.

Pick one method that fits the water you have. Follow it through to the end.

FOUR PRACTICAL METHODS

pick one — do it fully, not partway

1 Boil

MOST FORGIVING · NEEDS FUEL

1 min

at a rolling boil · 3 min above 6,500 ft

Does: Kills bacteria, viruses, and parasites in any water that is not poisoned.

Does not: Remove sediment, chemicals, heavy metals, or bad taste. Filter or settle first.

Common mistake: Pulling the kettle the moment bubbles start. Wait for a full minute of rolling boil.

2 Filter

FASTEST · CHECK THE PORE SIZE

0.2 µm

pore size that stops bacteria and parasites

Does: Removes sediment, bacteria, and parasites. Many take out chemicals and bad taste too.

Does not: Remove viruses unless the filter says so. For tap water this is fine; for river water, double up.

Common mistake: Skipping the backflush. A clogged filter is slow and pushes you to drink untreated water.

3 Chemical (unscented bleach)

LIGHTEST · NEEDS TIME

8 drops

per 1 gal clear water · 16 drops if cloudy · wait 30 min

Does: Kills bacteria and most viruses. Works without fuel, weight, or batteries.

Does not: Kill all parasites and does nothing for chemicals or sediment. Filter cloudy water first.

Common mistake: Using scented or expired bleach. Use plain 5–6% unscented sodium hypochlorite, under one year old.

4 Store and rotate

THE LONG GAME · DATE EVERY JUG

6 months

swap interval for treated tap water in food-grade jugs

Does: Gives you water on hand when the tap fails. Food-grade containers, cool, dark, off the floor.

Does not: Last forever. Plastic absorbs taste and light degrades the seal — rotate on the calendar, not by guess.

Common mistake: Storing jugs on a concrete garage floor. Concrete pulls heat and odors through the plastic.

MINIMUM YOU NEED ON HAND

One gallon per person per day for drinking and basic cooking — half for drinking, half for everything else.

Two weeks is the standard goal; one full day is the start of the 24-hour stewardship period.

Hot climates, illness, and children raise the number — plan above the minimum, not at it.

Print this card and keep it with the storage jugs. Practice each method once before you need it.

Print this handout for in-person reference during session 3 — treat and store the water.