

Automobile

Why do I need to learn this?

Most of us will rely on cars at some point in our lives. It is important to know how to maintain and repair these cars. "We should strive to become self-reliant and not depend on others for our existence." (Marion G. Romney, Ensign, Mar 2009, 61-65)

You will need to know how and when to maintain your car or your car will break down more often. Lack of car maintenance can cause more serious and expensive car problems in the future.



Independence Requirements

- | | |
|------|---|
| Date | 1: Fill a car with gas. |
| Date | 2: Wash a car. |
| Date | 3: Vacuum a car. |
| Date | 4: Learn about basic car maintenance. |
| Date | 5: Learn how to change a flat tire. |
| Date | 6: Learn how to check car fluids; change the oil. |
| Date | 7: Complete a driver's training/ safety course. Get a driver's license. |

When page complete: _____
Guardian Signature Date

A Guide to Independence

"A Guide to Independence" lists the major skills that I want my children to learn before they leave home. Feel free to tailor the guidelines to your own individual family.

Each page is divided into general categories (cooking, cleaning, ironing, etc.) and contain five to seven requirements that your child must complete to pass off each skill. The first requirements are usually the easiest and they progressively become more difficult. When printed, these pages are in a format that can easily be converted into a book.

These requirements are meant to be done over a child's entire life at home. Although "A Guide to Independence" may be started at anytime, there are certain requirements that may only be completed when a child is older. You may want to provide a reward for completing all of the requirements and smaller rewards along the way.

Parents will NEED to help children with these requirements to ensure that children have properly learned the skills. This will also create priceless memories for children and parents as they work together. Once requirements have been passed off, encourage children to use the skills they've learned on a regular basis. Practice makes perfect.

My children are still young, but my hope is that they will continue to enjoy becoming independent and that they will acquire the basic skills necessary to be successful in life.

~Susan Slaugh

Ironing

Why do I need to learn this?

How you dress affects how others perceive you. "Our clothing is ... the "landscaping" for presenting our bodies as temples. Just as the temple grounds portray the sacredness and reverence for what takes place inside the temple, our clothing portrays the beauty and purity of our inner selves." (Robert D. Hales, Aug. 2008 Ensign)

You will need to iron clothes to wear to church, the temple, work, a mission, special events, and on many other occasions.



Independence Requirements

1: Learn how an iron works. Learn how to turn the iron on and off and what the different settings are for. Practice ironing on a sock or piece of cloth.

2: Iron one shirt.

3: Iron a pair of pants; including pleats.

4: Iron a dress (even boys should learn this).

5: Iron 2 dress shirts and 2 dress pants with pleats... with no wrinkles

When page complete: _____
Guardian Signature Date

Sewing

Why do I need to learn this?

At some point in time, your clothes will need mending. "Improve your sewing skills; sew and mend clothing for your family." (Spencer W. Kimball, May 1976 Ensign)

Sewing can not only save money, but can help you save a favorite outfit in need of repair, mend a rip, tear, or fallen button at the last minute, and provide modest options for your clothing.



Independence Requirements

1: Thread a needle. Practice sewing on a piece of cloth.

2: Sew on a button by hand.

3: Hem an article of clothing by hand.

4: Mend a tear in an article of clothing by hand.

5: Learn how to thread a sewing machine. Practice sewing on a piece of cloth.

6: Sew a shirt, dress, or pair of pants from a pattern.

When page complete: _____
Guardian Signature Date

Cooking (Part 1)

Why do I need to learn this?

Cooking is a fundamental skill required to be able to eat healthy and well-balanced meals. "He will need to know how to cook—how to make the food he prepares taste good and at the same time meet his many nutritional needs." (S. Dilworth Young, July 1972 Ensign)

Cooking not only saves money, but provides a healthy diet and good food for yourself and family.



Independence Requirements

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|------|--|
| Date | 1: Pour yourself a bowl of cereal with milk. |
| Date | 2: Practice using measuring cups. Make oatmeal. |
| Date | 3: Make scrambled eggs. |
| Date | 4: Make pancakes. |
| Date | 5: Make french toast and sausage. |
| Date | 6: Make fried eggs and bacon. |
| Date | 7: Make a well balanced breakfast using 4 food groups. |

When page complete: _____
Guardian Signature Date

Cooking (Part 2)

Why do I need to learn this?

We cannot live without food. Cooking for ourselves and others is essential. "Someone has said that there is no more beautiful picture than that of a good woman cooking a meal for those she loves." (Gordon B. Hinckley, Nov. 2003 Ensign)

You will cook breakfast, lunch, dinner, holiday meals, potluck dinners, desserts, food for yourself, your family, your friends, on your mission, etc.



Independence Requirements

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|------|--|
| Date | 1: Make a cold sandwich. |
| Date | 2: Heat up canned food in the microwave. |
| Date | 3: Make a salad including lettuce and diced tomatoes. |
| Date | 4: Make macaroni and cheese. |
| Date | 5: Make soup and a grilled cheese sandwich. |
| Date | 6: Make homemade bread. |
| Date | 7: Make a well balanced lunch using all 4 food groups. |

When page complete: _____
Guardian Signature Date

Cooking (Part 3)

Why do I need to learn this?

Preparing food is something you will do your entire life. "As we improve our homemaking skills such as ... cooking, we learn to create a climate of nurturing and spiritual growth in our homes." (Julie B. Beck, March 2009 Ensign)

You will have the opportunity to cook for others when they are sick, moving, or in need. Cooking is not only essential but a great way to serve others.



Independence Requirements

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|------|---|
| Date | 1: Learn how to use an oven by cooking a frozen meal. |
| Date | 2: Brown ground beef using a frying pan. |
| Date | 3: Cook something on an outdoor grill. |
| Date | 4: Learn different ways to cook chicken. Cook chicken using one method (boil, bake, fry, pan sauté, etc.) |
| Date | 5: Cook a casserole using at least six ingredients. |
| Date | 6: Cook a main dish in a crock pot. |
| Date | 7: Cook a full course meal using the 4 food groups. |

When page complete: _____
Guardian Signature Date

Cooking (Part 4)

Why do I need to learn this?

Not only is cooking a necessity, when food is cooked well it tastes great! "All my life, a good woman... has prepared most of my nourishment... But marriage and mothering is more than the routine of... putting food on the table. It is also not being taken for granted; it is being appreciated and being appropriately thanked. It also means being helped." (James E. Faust, May 1988 Ensign)

Even if others are cooking for us we should offer our help and thanks.



Independence Requirements

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|------|---|
| Date | 1: Cook vegetables on the stove & in the microwave. |
| Date | 2: Cook a cake or other dessert from a mix. |
| Date | 3: Make a pie. |
| Date | 4: Make a cake, muffins, or other dessert from scratch. |
| Date | 5: Make a dip (spinach, queso, artichoke, etc). |
| Date | 6: Make an appetizer with at least six ingredients. |
| Date | 7: Make cookies. |

When page complete: _____
Guardian Signature Date

Cleaning (Part 1)

Why do I need to learn this?

Learning how to clean is something all must learn. "Have a clean home. A clean, orderly home rests the senses and helps renew the spirits." (Sherry Downing, March 1977 Ensign)

Having a clean home not only looks nice, but draws the Spirit in, provides a safe and restful atmosphere, keeps away insects and foul smells, teaches us how to work, and helps us appreciate what we've taken care of.



Independence Requirements

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|------|--|
| Date | 1: Clean a mirror. |
| Date | 2: Clean a bathroom sink and counter. |
| Date | 3: Wipe down a bathroom door and wall. |
| Date | 4: Clean the inside and outside of a toilet. |
| Date | 5: Wipe down the baseboards in a room. |
| Date | 6: Wash a window and window sill. |
| Date | 7: Clean an entire bathroom. |

When page complete: _____
Guardian Signature Date

Cleaning (Part 2)

Why do I need to learn this?

The Lord has instructed us to take care of what we've been given. "Now we ask you to clean up your homes. ... We urge each of you to dress and keep in a beautiful state the property that is in your hands" (Spencer W. Kimball, Nov. 1974 Ensign)

When you have a clean home, your mind will also be more uncluttered and able to receive revelation. The atmosphere surrounding us greatly affects our state of mind. Keep your house clean and invite the Spirit in.



Independence Requirements

- | | |
|------|---|
| Date | 1: Clear and wipe the kitchen table. |
| Date | 2: Unload the dishwasher. |
| Date | 3: Clean the inside of the microwave. |
| Date | 4: Load and start the dishwasher. |
| Date | 5: Wash dinner dishes by hand and dry them. |
| Date | 6: Wipe the kitchen counters and cupboards. |
| Date | 7: Clean the refrigerator. |

When page complete: _____
Guardian Signature Date

Cleaning (Part 3)

Why do I need to learn this?

A clean home makes others feel more welcome in your home. "President David O. McKay also counseled us to make our homes attractive and to have more activities there. Our children will be happy and glad to bring their friends home if home is a warm, friendly, happy place." (The Latter-day Saint Woman: Basic Manual for Women, Part B, 229)

Not only will cleaning make your house look and smell better, but it will feel more inviting to friends and children who need a safe haven.



Independence Requirements

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|------|--|
| Date | 1: Shake out a floor mat & take out the trash. |
| Date | 2: Clean the kitchen sink. |
| Date | 3: Sweep the kitchen floor. |
| Date | 4: Mop the kitchen floor. |
| Date | 5: Use a duster to dust a room. |
| Date | 6: Use a cloth and dust spray to dust a room. |
| Date | 7: Clean the oven and stove. |

When page complete: _____
 Guardian Signature _____ Date _____

Cleaning (Part 4)

Why do I need to learn this?

Working is a trait we need to learn to return home to our Heavenly Father and is a trait we can teach our children. There will be no lazy people in Heaven. "Working beside children in homemaking tasks creates opportunities to teach and model qualities children should emulate." (Julie B. Beck, 2007 Ensign)

Cleaning and working in the home will provide opportunities for learning and service and will make the home a place that all would like to enter.



Independence Requirements

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|------|---|
| Date | 1: Make your bed. |
| Date | 2: Pick up a floor so it's clean. |
| Date | 3: Vacuum a floor. |
| Date | 4: Organize your clothes in your drawers & closet. |
| Date | 5: Do a load of laundry; wash, dry, fold, put away. |
| Date | 6: Rotate a mattress on a bed. |
| Date | 7: Shampoo a carpet floor. |

When page complete: _____
 Guardian Signature _____ Date _____

Finances (Part 1)

Why do I need to learn this?

The real world of money has many pit falls. We need to learn how to manage our money at a young age so we are prepared to avoid the pit falls that will come later in life with poor money management. "Based upon appropriate teaching and individual experience, children should be responsible for the financial decisions affecting their own money and suffer the consequences of unwise spending." (Marvin J. Ashton, April 2000 Ensign)

You will deal with money in jobs, banks, retirement, investments, and in many other forms. Learn how to manage it, so it doesn't manage you.



Independence Requirements

- | | |
|------|---|
| Date | 1: Learn how to count money; pay tithing. |
| Date | 2: Open a savings account; keep track online. |
| Date | 3: Make a budget . |
| Date | 4: Pay household bills. |
| Date | 5: Use a debit card and ATM card. |
| Date | 6: Learn about credit cards. |
| Date | 7: Learn how to balance a checkbook; open an account. |

When page complete: _____
Guardian Signature Date

Finances (Part 2)

Why do I need to learn this?

Earning and taking care of money is hard work. This concept should be taught and learned at an early age. "I think it is unfortunate for a child to grow up in a home where the seed is planted in the child's mind that there is a family money tree that automatically produces cash once a week or once a month." (Marvin J. Ashton, April 2000 Ensign)

You will need money for a home, car, gas, food, clothing, utilities, insurance, school, furniture, household goods, etc. Learn to manage your money.



Independence Requirements

- | | |
|------|--|
| Date | 1: Learn about interest and debt. |
| Date | 2: Learn about retirement plans. |
| Date | 3: Learn about securities and investments. |
| Date | 4: When of age, arrange for car insurance. |
| Date | 5: Assist with buying a car. |
| Date | 6: Learn how to file an insurance claim. |
| Date | 7: File a tax return |

When page complete: _____
Guardian Signature Date

Yard (Part 1)

Why do I need to learn this?

Having a tidy and well kept yard is an extension of your house. Just like keeping a clean house, keeping a nice yard can reflect the Spirit felt in our homes. "I do not believe people can be happy unless they have work to do. One can really be more of a slave to idleness than to work. Work also keeps us humble and reminds us of how all our blessings come to us from our Heavenly Father." (Neal A. Maxwell, June 1975 Friend)

During warm months lawn work will need to be done every week and sometimes even daily.



Independence Requirements

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|------|--|
| Date | 1: Sweep porch. |
| Date | 2: Pull up weeds from the yard. |
| Date | 3: Plant a flower and take care of it. |
| Date | 4: Plant a fruit or vegetable and take care of it. |
| Date | 5: Learn how to use a lawn mower; mow the lawn. |
| Date | 6: Learn how to use an edger; edge the yard. |
| Date | 7: Learn how to use a trimmer; trim a bush. |

When page complete: _____
Guardian Signature _____ Date _____

Yard (Part 2)

Why do I need to learn this?

When we have a yard, we have a responsibility to take care of it. "One of the most serious human defects in all ages is procrastination, an unwillingness to accept personal responsibilities now. ... Many have allowed themselves to be diverted and have become ... addicts to mental and spiritual indolence and to the pursuit of worldly pleasure." (Teachings of Presidents of the Church: Spencer W. Kimball [2006], 4-5).

Taking care of the yard is not only fulfilling a responsibility, but the end result will give us greater satisfaction and teach us principles of God.



Independence Requirements

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|------|--|
| Date | 1: Water the yard. |
| Date | 2: Use a blower. |
| Date | 3: Learn how to use fertilizer & ant killer on the lawn. |
| Date | 4: Learn how to landscape. |
| Date | 5: Trim a tree. |
| Date | 6: Use a power washer. |
| Date | 7: Plant a garden and maintain it. |

When page complete: _____
Guardian Signature _____ Date _____

Hygiene (Part 1)

Why do I need to learn this?

Our bodies are given to us as a gift from God. They represent Him and we should treat them as such. "Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" (Boyd K. Packer, Jan. 2001 Ensign).

Taking care of your body is something you must do on a daily basis. Your appearance represents the Lord and should be kept up in a clean and modest manner.



Independence Requirements

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|------|---|
| Date | 1: Brush your teeth regularly. |
| Date | 2: Floss your teeth regularly. |
| Date | 3: Take a shower and wash yourself regularly. |
| Date | 4: Clean your ears. |
| Date | 5: Trim your fingernails and toenails. |
| Date | 6: Arrange for a haircut & style your own hair. |
| Date | 7: Learn how to shave (boys-face; girls-legs, arm pits, etc). |

When page complete: _____
Guardian Signature Date

Hygiene (Part 2)

Why do I need to learn this?

The saying goes, don't judge a book by it's cover, but people often do. "How we dress affects how people react to us. It also demonstrates where our heart and spirit really desire to be. How we feel on the inside shows on the outside." (Robert D. Hales, Aug. 2008 Ensign)

You will need to buy modest clothes, clean your body, and take care of your body so that you can feel good, so that the Spirit reside with you, and so you can represent the Lord.



Independence Requirements

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|------|--|
| Date | 1: Wash your face daily. |
| Date | 2: Use deodorant daily. |
| Date | 3: Learn about fashion and how to match clothes. |
| Date | 4: Try on and buy clothes. |
| Date | 5: Learn how to clean and care for your shoes. |
| Date | 6: Learn about make-up (girls- apply, boys- names of). |
| Date | 7: Learn how to use tweezers (girls- pluck eyebrows). |

When page complete: _____
Guardian Signature Date

Electronics

Why do I need to learn this?

In a world of gadgets and electronics it is important to become self-reliant and knowledgeable about these items. "Our children need to learn independence and self-reliance, even in such simple ways as learning to amuse themselves." (Beppie Harrison, July 1982, Ensign)

You will use the phone for church service, you may watch General Conference on TV, you will listen to good music, you may get lost and need to call home. Knowing how to use these items will greatly benefit us on earth.



Independence Requirements

- | | |
|------|---|
| Date | 1: Learn to answer the phone & make a phone call |
| Date | 2: Learn how to use an answering machine. |
| Date | 3: Learn how to use a pay phone & place a collect call. |
| Date | 4: Learn how to operate a TV & DVD Player |
| Date | 5: Learn how to use a CD Player, MP3 player, etc. |
| Date | 6: Learn how to place an order by phone or mail. |
| Date | 7: Learn to use other electronics (cell phone, GPS, camera, camcorder, etc). |

When page complete: _____
Guardian Signature Date

Computers

Why do I need to learn this?

Learning computer skills can help with school, work, and can assist us in the church. "This is the world of the future, with inventions undreamed of that will come in your lifetime as they have in mine. How will you use these marvelous inventions? More to the point, how will you use them to further the work of the Lord?" (M. Russell Ballard, July 2008 Ensign)

On a computer you can do family history work, watch conference, keep a journal, answer questions about the church, etc. There are many evils lurking on computers, but there are also many wonderful uses also.



Independence Requirements

- | | |
|------|--|
| Date | 1: Learn basic computer skills & internet safety |
| Date | 2: Learn how to use Word & Excel on a computer. |
| Date | 3: Learn how to use the internet (with supervision). |
| Date | 4: Learn about viruses, spam, spyware, and e-mail scams. |
| Date | 5: Learn about firewalls, anti-virus software, etc. |
| Date | 6: Learn how to order something online. |
| Date | 7: Learn how to sell something online. |

When page complete: _____
Guardian Signature Date

Providence

Why do I need to learn this?

Learning how to provide for the future is essential. With natural disasters, loss of jobs, and unforeseen illnesses and circumstances comes great need. We have been instructed by prophets to prepare for the future. "Provident living means to prudently and frugally use our resources, to make provision for the future as well as to provide wisely for our current needs." (Barbara W. Winder, "Provident Living—A Way of Life," Tambuli, Sep 1987, 7)

At some point in your life you or someone you love will need to use food storage, 72-hour kits, or camping skills and other skills to help in an emergency situation. Prepare now.



Independence Requirements

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|------|--|
| Date | 1: Learn the basics of food storage. |
| Date | 2: Make or maintain a 72-hour kit. |
| Date | 3: Go to a cannery and learn how to can food. |
| Date | 4: Learn home canning in jars. |
| Date | 5: Volunteer at a Bishop's Storehouse. |
| Date | 6: Learn emergency procedures and evacuation plans. |
| Date | 7: Go camping in a tent for at least two nights. Learn how to start a fire and cook over a fire. |

When page complete: _____
Guardian Signature _____ Date _____

Organizing

Why do I need to learn this?

Keeping track of appointments and commitments is crucial in a busy world. If we do not keep our commitments we are wasting someone else's time in addition to our own. We must learn how to organize our lives. "We need to organize not only our homes but also our time." (The Latter-day Saint Woman: Basic Manual for Women, Part A, 146)

You will make appointments for jobs, church, doctors, home and visiting teaching, school, etc. Learn how to manage and organize your life.



Independence Requirements

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|------|--|
| Date | 1: Memorize phone number and address. |
| Date | 2: Learn how to start a filing system & store documents. |
| Date | 3: Make a dentist or doctor's appointment. |
| Date | 4: Keep a calendar or planner. |
| Date | 5: Keep a journal. |
| Date | 6: Learn how to fill prescriptions. |
| Date | 7: Learn how to organize; re-organize a room. |

When page complete: _____
Guardian Signature _____ Date _____

Extras (Part 1)

Why do I need to learn this?

There are many skills that will help us greatly in our lives. We need to learn to be self reliant so we can know these skills and help others when the need arises. "Provide opportunities to learn how to be independent and responsible." (Ben B. Banks, Nov. 1993 Ensign)

You will need to know first aid, to lead music, to paint a room, and various other skills while on this earth. This knowledge will help you and others throughout your life time.



Independence Requirements

- | | |
|------|---|
| Date | 1: Learn how to read and conduct music. |
| Date | 2: Learn how to wrap presents. |
| Date | 3: Learn how to care for pets. |
| Date | 4: Learn how to babysit. |
| Date | 5: Learn the basics of how to play common sports. |
| Date | 6: Learn basic first aid and CPR. |
| Date | 7: Learn how to paint the interior & exterior of a home; paint an interior room |

When page complete: _____
Guardian Signature Date

Extras (Part 2)

Why do I need to learn this?

There are many skills we must learn that will help us in the day to day operations of our lives. "The aim of the Church is to help the people to help themselves. Work is to be re-enthroned as the ruling principle of the lives of our Church membership." (Heber J. Grant, Oct. 1936, In Conference Report, p. 3.)

Learning how to take care of yourself will make your life easier and will provide opportunities to serve others.



Independence Requirements

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|------|--|
| Date | 1: Learn etiquette rules and manners. |
| Date | 2: Learn how to crochet, knit, or quilt. |
| Date | 3: Learn interior decorating. |
| Date | 4: Learn how to type. |
| Date | 5: Rent a movie. |
| Date | 6: Plan and carry out a party or gathering. |
| Date | 7: Plan, buy, & prepare meals for a week using a budget. |

When page complete: _____
Guardian Signature Date

Spiritual

Why do I need to learn this?

Our ultimate goal in life is to return to our Heavenly Father. We cannot afford to NOT do these basic things that will help us return to him. "Oh, for the glorious day when these things all come naturally because of the purity of our hearts. In that day there will be no need for a commandment, because we will have experienced for ourselves that we are truly happy only when we are engaged in unselfish service." (Marion G. Romney, March 2009, Ensign)

You need to stay close to the Lord so he can help you in your life.



Independence Requirements

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|------|--|
| Date | 1: Say your personal prayers regularly. |
| Date | 2: Read your personal scriptures regularly. |
| Date | 3: Memorize the Articles of Faith. |
| Date | 4: Plan a Family Home Evening; teach a lesson. |
| Date | 5: Read the entire Book of Mormon. |
| Date | 6: Learn about the temple; do baptisms for the dead. |
| Date | 7: Learn about mission preparation. Have a strong testimony of Jesus Christ; share it with a friend. |

When page complete: _____
 Guardian Signature _____ Date _____

Career (& Civics)

Why do I need to learn this?

Choosing a career is something we all should be prepared for (even if you will be a stay at home mom). The skills learned in obtaining a career are just as valuable as the career itself. "The field you choose can affect where you live, how long you will be in school, your income, the work schedule you will keep, your ability to serve in Church callings, and many other important aspects of your life." (Guy M. Hollingsworth, April 2009 Ensign)

Learning the skills to obtain a job will make it MUCH easier to obtain a job.



Independence Requirements

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|------|--|
| Date | 1: Learn about politics. |
| Date | 2: Learn how to vote; accompany a parent to vote. |
| Date | 3: Memorize your Social Security Number. |
| Date | 4: Learn about different careers; decide on a career path. |
| Date | 5: Prepare a resume. |
| Date | 6: Practice interviewing. |
| Date | 7: Apply for a job; get a job. |

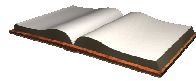
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 Guardian Signature _____ Date _____

Education

Why do I need to learn this?

Having an education not only makes us smarter, but helps in obtaining jobs, in teaching our children and others, and gives us knowledge we can take with us when we die. "Think about the future and commit to the necessary education. Be willing to sacrifice early in order to succeed later." (Guy M. Hollingsworth, April 2009 Ensign)

You will learn much as you complete your education. Much success in this life and the next is based on our knowledge combined with the Spirit.



Independence Requirements

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|------|--|
| Date | 1: Learn the alphabet, colors, numbers, & shapes. |
| Date | 2: Finish Elementary School. |
| Date | 3: Finish Middle School/ Junior High. |
| Date | 4: Learn about public speaking; give a talk in church. |
| Date | 5: Read 5 books with 200+ pages (not for school). |
| Date | 6: Apply for college; select courses for the first semester. |
| Date | 7: Graduate from Highschool. |

When page complete: _____
Guardian Signature Date

Tools

Why do I need to learn this?

Learning how to use tools will save money, teach useful skills, and provide satisfaction as projects are finished and created. "They should learn there that honest labor develops dignity and self-respect." (S. Brent Scharman, Oct. 2004 Ensign)

You will need to put basic furniture together, fix items that are broken, and save money by making some items yourself.



Independence Requirements

| | |
|------|--|
| Date | 1: Learn about basic tools (hammer, wrench, etc.) |
| Date | 2: Hammer nails into wood. |
| Date | 3: Saw wood. |
| Date | 4: Use a wrench. |
| Date | 5: Learn about complex tools (sanders, elec. saws, etc). |
| Date | 6: Put together a shelf from the store or another item. |
| Date | 7: Build something from scratch (birdhouse, shelf, etc). |

When page complete: _____
Guardian Signature Date