



Minnesota Women of Today  
2024-2025 Plan of Action  
Living & Learning State Program Manager,  
“Taking a Journey Down Life Street”

Sharon Scholl  
320.761.1188  
[ll@mnwt.org](mailto:ll@mnwt.org)  
[www.mnwt.org](http://www.mnwt.org)



---

## Welcome To All! Are you ready for a Journey?

Yes, we will be taking a journey this year – Life is really a journey of growing and learning, whether personally or professionally. Sometimes the road is smooth-sailing, and other times we encounter some speed bumps and detours. But how we overcome those obstacles is all part of Life’s Journey. This year we will be taking a Journey thru the Living and Learning Certification process – each trimester the challenges and activities will relate to various areas found on the Living and Learning certification. Not only will we accomplish completing the certification, but there will be a wealth of fun activities and discussions that will make this annual task interesting and entertaining. My plan includes providing MNWT members the opportunity to have fun while exploring ways to grow as an individual thru use of a Passport – with gift drawings for those participating/completing.

### **MEET SHARON:**

I joined the Monticello Women of Today chapter in April 2014 in search of meeting other gals and becoming involved in the community after moving to the Monticello area. By nature, I am a highly organized, creative person who thrives on challenges and change. I have chaired the local chapter craft shows for 9 years; have co-chaired Fall State Convention, served on District 5 board for 3 years, served as chapter president, secretary, state delegate, membership vice president and treasurer. I am a strong supporter of change and firmly believe an individual cannot grow without embracing change. While not all change is viewed as positive, it does provide a learning experience which an individual is encouraged to turn into positive growth.

I have been married to my husband Rodney for 44 years (to the same person 😊), we have 4 children who reside in Minnesota, Nevada and California and have been blessed with 14 grandchildren. I ♥ to camp/travel – some say it’s in my blood. But anyone who knows me, fully understand that I bleed purple & gold – YES, I am a MN Vikings season ticket holder for over 17 years attending all games with my oldest daughter (NO guys allowed – it’s our Mommy/Daughter bonding time). We recently purchased a winter home in the Texas Rio Grande Valley where friendliness, country music and sunshine are bigger in Texas. My hobbies include flower gardening, sewing, crocheting – basically anything creative. Those that know me fully understand I cannot have idle hands.

I hope you will join me on this year’s JOURNEY. Please share with me either via email [ll@mnwt.org](mailto:ll@mnwt.org) or text/phone 320.761.1188 your Life’s journey accomplishments this year.

Happy Trails to Everyone!

*Sharon*

#### TABLE OF CONTENTS:

- Introduction
- Fast State Info
- First Trimester Challenges/Passport Intro
- Success Program System
- Journaling Tips
- Collaboration = Sharon’s Book Club + Convention Fellowship

## LPM FAST START

Date Sent:

- Attend an Orientation (District, LOTS, local, or 1-on-1 with PVP).
- Write down your goals. Send to Chapter President (or PVP) and District Director.
- Send an “Letter of Introduction” to your District Director and share your goals and ideas for the year.
- Review Programming Trimester Report for your area by **JULY 15<sup>TH</sup>**.
- Review the **Local Program Manager Manual** to educate yourself on being an LPM

---

---

---

---

---

### TRI 1 CHALLENGES



## PASSPORT

This year there will be challenges for both the chapter LPM and the individual chapter members. Each LPM is to encourage their chapter members to participate in the **LIFE STREET PASSPORT** challenges. Both LPMs and chapter members who participate by providing the required completed passport will be entered into a **LIFE STREET JOURNEY** drawing. Refer to attached Passport to distribute to participating chapter members.

#### LPM Challenges:

1. Submit a 1<sup>st</sup> Trimester L&L Project of the Trimester
2. Have 3 or more members submit a MNWT “Living & Learning” or USWT Wellness & Personal Development certification.

**Chapter Member Challenges:** *To participate in Life Street Passport activity, must complete all three challenges listed below or any two plus one bonus challenge (total of 3 must be completed), record on Passport and submit per instructions below.*

1. Establish 1-2 personal growth goals. Start a journal to record journey of individual growth this year.
2. Read/Subscribe to daily/weekly news briefs. (See suggestions below).
3. Read Trimester 1 suggested book which will be reflected upon during Fall fellowship gathering.

**\*BONUS Challenges \*** - *In addition to the basic sections of the **Living and Learning Certification**, each year the State Program Manager may add two additional items of their choice. Bonus Challenges are Optional.*

1. Set a “stretch” goal to grow as an individual on the journey down Life Street. Start a journal to record your journey of individual growth.
2. Visit an individual in your neighborhood and/or community who is new in your community, a neighbor or community members who may have lost a loved one or an elderly shut-in person, especially during special holidays. Record what you did to make brighten their day.

#### How To Participate?

Participating is very easy – chapters can work together as a group or on an individual base. Provide each chapter member with the challenges along with a copy of the **LIFE STREET PASSPORT**. Completed Passports must be submitted either via email to [ll@mnwt.org](mailto:ll@mnwt.org) or texting to 320.761.1188 by the due date. Each trimester the participants will continue to fill out their passport. **There will be drawings each trimester for those submitting their completed trimester passport PLUS a year-end drawing for those who complete all three trimester challenges.**



**Check out these news sources for quick top line overview of current events. Just sign up to have daily 1-page new summaries sent to your email.**

1. *The Daily Skimm*
2. *Morning Brew*
3. *Maria Shriver's SUNDAY PAPER – for a Life Above the Noise*

## TRIMESTER 1 PRESIDENTIAL BONUS POINTS

- Complete and submit Fast Start to [ll@mnwt.org](mailto:ll@mnwt.org) by July 15 (25 points)
- Submit an Outstanding Program Manager Nomination to [ll@mnwt.org](mailto:ll@mnwt.org) by September 2 verified by PVP. (25 points)

For the full Presidential Bonus Points, see MNWT President chapter Information Packer (CIP). For more information on SUCCESS Program, see CMVP CIP or [mnwt.org](http://mnwt.org) under Success System Helpful Hints.



## SET A DESTINATION (Goal) & RECORD YOUR JOURNEY



- ➔ **START** – set goals. What do you wish to accomplish this year? How do you as an individual want to grow?
- ➔ **REMEMBER S.M.A.R.T.** when writing a goal remember Specific, Measurable, Achievable, Relevant and Time-bound.
- ➔ Start a journal to record your progress.

Tips/Tricks: To explore goal setting in more detail in your journal, use these helpful journal prompts:

- What are my current priorities in life?
- What areas of my life would I like to improve?
- What desired endpoints do I want to achieve for these areas of my life?
- What specific goals would I like to achieve?

### *How to write in your journal to improve yourself and achieve your goals?*

Never journaled before? You're probably asking yourself how do I begin? First, decide what tool you will use to write your journal. It could be your laptop, a notebook, a phone app or even sticky notes. Next establish a writing habit. Do you want to bring your journal with you everywhere? Or do you prefer to set a time for writing? Select what makes you comfortable making it part of your daily routine. Next choose a place that will be conducive to everyday writing – environment plays a very important role when it come to creative process as it can motivate and inspire you to write your entries. Remember to put a date to every entry in your journal. Now, let's begin. . . .

1. Write down your focus of the day
2. Capture your thoughts of the day
3. Set up a progress log space for all projects and/or goals
4. PUT INTO THE LOG YOUR PROGRESS!!



There are simply NO RULES for journal writing. Do what works for you. Don't worry about what you're not doing – Give yourself permission to step outside the box. Draw pictures or paste articles that inspire





# PASSPORT

Name \_\_\_\_\_

Chapter \_\_\_\_\_

## Tri 1 Challenges

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Due Date: Sept. 5

## Tri 3 Challenges:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Due Date: May 5

## Journey with MNWAT Down Life Street

- Complete Challenges each Trimester
- Email photo of completed Passport by due date to be entered into drawing.
- Send photo or scanned copy to:

Email: [mnw@mnwvt.org](mailto:mnw@mnwvt.org) or  
Text: 320-761-1188

## Tri 2 Challenges:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Due Date: Jan 5



Minnesota Women of Today  
2024-2025 Plan of Action  
Living & Learning State Program Manager,  
"Taking a Journey Down Life Street"

Sharon Scholl  
320.761.1188  
[mnwvt.org](mailto:mnwvt.org)  
[www.mnwvt.org](http://www.mnwvt.org)