



Minnesota Women of Today

Living and Learning Certification

The Living and Learning Certification is a tool to encourage a member's personal growth in self-improvement, civic and spiritual growth, and through family and friend connections. Between May 1 and April 30, plan activities you can complete to support personal growth. After completing any 11 items below, email the form to the LL SPM or complete online at www.mnwt.org by the certification due date of the trimester during which the certification is completed.

Name _____ Date _____

Chapter _____ District _____ Email _____

- Take an educational course, attend a seminar or participate in a Personal Enrichment Program (PEP)
- Participate in the impromptu speaking competition at convention
- Participate in a career development activity
- Read a self-improvement book
- Create a yearly vision board
- Try something new, outside of your comfort zone
- Be a registered voter and vote in a government election at the city, state or national level
- Attend a public meeting with elected officials
- Write a letter to an elected official
- Join another organization
- Research a current event or issue and educate someone about your findings
- Spend time reflecting or meditating
- Learn about a major religion by reading a book, listening to a speaker or watching a documentary
- Tell someone about a life changing experience
- Attend a fellowship service at a local, district, state or national event
- Lead a fellowship activity in Women of Today or at a community event

- Host a special activity or event honoring a friend or family member
- Create or carry on a family tradition
- Learn something new from a friend or family member
- Teach a friend or family member something new
- Attend a course or read a book about family or friend relationships
- Create or update your family history
- Have a difficult conversation with someone in your life

____ / 23 completed (minimum of 11 items)