



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](http://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)