



Minnesota Women of Today
 2025-2026 MN JOTS CIP
 Living & Learning SPM
 Journal into Growth

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Journal into Growth

Greetings from your Living and Learning State Program Manager!

Hello, my name is Carolyn Fortier! I am a member in the Warroad Area chapter and I will be serving as your Living & Learning State Program Manager (LL SPM) for 2025-2026. I am excited to spend the year with you learning, growing, and working on developing ourselves.

I decided to be your LL SPM this year because I am passionate about self-growth and learning new skills. As volunteers, sometimes it can be easy for us to put our personal development on the back burner while we focus on projects, fundraisers, and planning events. However, I believe that volunteers that focus on growth become more confident, better connected, more skilled, and feel more fulfilled. So let's "Journal into Growth" together!

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- Local Program Manager (LPM) Fast Start**
- 1. Attend an orientation**
 - 2. Write down your goals or Plan of Action (POA) for the year.**
 - 3. Write to your District Director (DD) or State Program Manager (SPM); introduce yourself & share your goals and ideas for the year.**
 - 4. Submit a preliminary LPM trimester report before July 15**
 - 5. Review the LPM manual.**
- For complete directions please visit:**
<https://mnwt.org/chapter-management-resources/>

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 "YOU CANNOT DREAM
 YOURSELF INTO A CHARACTER;
 YOU MUST HAMMER AND
 FORGE YOURSELF ONE,"
 - William Shakespeare

Journal into Growth



My theme this year is Journal into Growth. Each week I will provide a journal page for you to print that will focus on personal growth. Each journal page will highlight different ways we can grow mentally, spiritually, civically, or through relationships.

Journaling can help with stress relief, increased creativity, enhanced memory, and help with emotional processing, goal setting, and managing symptoms of anxiety and depression.

Get on my journal page email list HERE
<https://tinyurl.com/LLJournalSignup>

JOURNAL SIGN UP SCAN HERE



Let's win some prizes!

I am offering 3 opportunities to win a special gift at Fall Convention.

***Winners will be chose by random drawing*

#1

Complete and submit your LL LPM
Fast Start by July 15th
<https://tinyurl.com/SPMFastStart>
or scan this code

SPM Fast Start



Or



Outstanding Program
Manager Nomination

Submit a LL Outstanding Program Manager Nomination
Email submissions to LL@MNWT.ORG
Program Manager nominations are due September 2
<https://tinyurl.com/OPMnomination> or scan this code

#2

***This can be ANY MEMBER that did amazing work in LL programming.*

Or

Participate along with me as we “Journal into Growth.”

Email or text me a picture of your completed journal entries. Each week is worth one entry. The deadline to submit your entries is September 17th. I'm not reading/judging them, just looking for completion/participation. See page 1 to sign up!

#3

Fall State Happenings

Come see me at the Friday Night Project Fair for a chance to win a Journal Basket! Get set up for the year to write in style and comfort while you Journal your way to Growth! To enter, I just need an email address to send your weekly journal pages to. See you there!

I will also be holding an impromptu speaking contest at Fall State. The cost to enter will be \$5 and I promise we will have fun!

Are you ready to be a Living & Learning Local Program Manager?

You can help chapter members complete Living and Learning certifications, Personal Enrichment Program (PEP) courses, USWT Certifications, or even host a book club or teach the group a new skill.

You can be passionate about self-improvement and personal growth -- mentally, spiritually, civically and through family. The LL LPM is a vital role that ensures volunteers have a healthy balance between work, home life, and volunteer life.

You can prepare an invocation and benediction for your chapter meetings. This is a short quote or statement that is meaningful, insightful, or treats the listener to an "ah-ha" moment.

Email me today if you are interested in helping your chapter members grow in Living & Learning.

LL@MNWT.ORG

Calendar

6/24 Webinar night

7/15 Fast Starts due

8/31 Living & Learning Certifications due

9/2 Project of the Trimester & Outstanding Program Manager nominations due

9/2 1st Tri Programming reports due

9/19-20 Fall Convention (Brainerd)



Success

See the MNWT State President's Chapter Information Packet (CIP) for this Trimester's Bonus SUCCESS Point information.

**Please consult the MNWT official calendar at www.mnwt.org, under Events to ensure that other key dates are not missed.

- Carolyn