



Minnesota Women of Today
 2025-2026 WINTER STATE CIP
 Living & Learning SPM
 Journal into Growth

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Journal into Growth

Greetings from your Living and Learning State Program Manager, Carolyn!

The holidays are over, but winter is still with us! Many people find themselves inside more during the winter months, and that is a great time to focus on personal growth and development.

“The best project you will ever work on, is you.”

Read a self-help book, join a new organization, visit a museum, start to learn a new language, create a budget, give a speech, join a book club, the possibilities are endless!

Are you looking for a Calendar?
 Check out the Programming VP CIP for a consolidated listing and calendar for all programming areas.

What is Living & Learning and what do I do?

The Living and Learning (LL) programming area was developed to encourage a member's personal growth: mentally, spiritually, civically and through family. Highlights include: promoting the Living and Learning certification; promoting Personal Enrichment Program courses; organizing fellowship services, invocations and benedictions; and encouraging USWT Certifications and Competitions in the area of Wellness and Personal Development.

4

KEY AREAS

SELF-IMPROVEMENT

CIVIC GROWTH

SPIRITUAL GROWTH

GROWTH THROUGH FAMILY AND FRIENDS

Journal into Growth

My theme this year is Journal into Growth. It is not too late to join in our weekly guided journal page! Every week I will email a journal page for you to complete with topics from reading to religion to nature - each week is fun and thought provoking, too!

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



Trimester 3 Challenges:

Submit completed journal entry pages

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 May 2nd. I'm not reading/judging them, just looking for completion/participation. See page 1 to sign up!

Submit a Nomination

Submit a nomination for an Outstanding Local Program Manager, or a nomination for a Project of the Trimester for Living & Learning by May 2nd.

Let's get these individuals and projects the recognition they deserve!

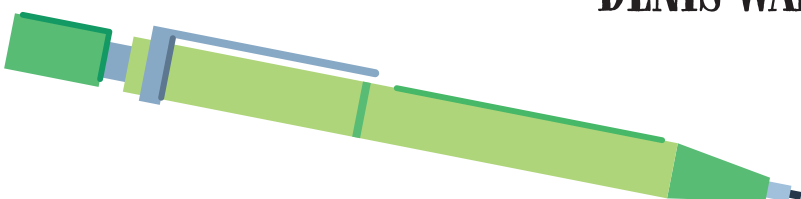
Complete your MN Living & Learning Certification

Every member that submits their Living & Learning Certification during the 2025-2026 year will be entered to win a prize basket! The certification has 23 great items that will help you with your personal development in all 4 areas. The deadline to complete your certification is the last day of the trimester - April 30th!

Any member who completes a challenge by the deadlines will be entered to win!!

PERSONAL DEVELOPMENT IS THE BELIEF THAT YOU ARE WORTH THE EFFORT, TIME AND ENERGY NEEDED TO DEVELOP YOURSELF.

-DENIS WAITLEY



-Carolyn