



Minnesota Women of Today
2025-2026 Fall State CIP
Priority Area SPM
"Reach for the STARS"

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Happy New Year!!

I hope all of you had a wonderful holiday season with family and friends. I want to thank you all for your support this far. The year is almost over, but there is still time to shine this last trimester.

We still have some gift cards available for your REACH program. Just send me an e-mail, and I can connect you with someone. My contact e-mail is priority-area@mnwt.org. I am sharing a form that REACH distributed to its students after the winter break. These are helpful ways to communicate with a student and have an open discussion with them.



February is Priority Area Emphasis Month

The incentive for trimester 3 is a beautiful basket full of surprises for every member of the chapter who emails a photo(s) of their involvement with REACH in 2025/2026. Ideas include a Random Act of Kindness (RAK), or a project of volunteering for REACH. E-mail directly to me at priority-area@mnwt.org. I look forward to seeing all your photos!

In Friendship,

Anita Smoley

Name: _____ Date: _____ Grade: _____



Holiday Break CHECK-IN

Feelings over break:

| HAPPY | SAD | ANGRY | SOMETHING ELSE |
|-----------|--------------|-------------|----------------|
| calm | ashamed | annoyed | afraid |
| cheerful | awful | bugged | anxious |
| confident | disappointed | destructive | bored |
| excited | discouraged | frustrated | confused |
| glad | gloomy | fuming | curious |
| loved | hurt | furious | embarrassed |
| proud | miserable | grumpy | jealous |
| relaxed | sorry | irritated | responsible |
| satisfied | unhappy | mad | scared |
| silly | unloved | mean | shy |
| terrific | withdrawn | violent | uncomfortable |
| thankful | | | worried |

I chose those words because:

GROWTH MINDSET QUOTE for 2026

rose - bud - thorn



Rose (a win or accomplishment)

Bud (something you're looking forward in 2026)

Thorn (a challenge you experienced)

Reflecting (looking back) on 2025

Accomplishments: (things your proud of):

Change: (things I was not proud of and want to change)