



Minnesota Women of Today

Living and Learning Individual Certification

Two (2) requirements in each section plus two (2) additional must be completed between May 1 and April 30. Indicate completion date and/or describe activity. Mail the completed form to the Living & Learning state program manager or complete online at www.mnwt.org by the certification due date of the quarter during which the certification is completed.

Print Name _____ Date _____
Chapter _____ District _____
Email _____ Phone _____

Self Improvement

- Take an educational course, attend a seminar, or take a Personal Enrichment Program (PEP).
Topic: _____ Date: _____
- Write an essay or other extended writing.
Topic: _____ Date: _____
- Give a speech or planned presentation. Should be 4-6 minutes in length.
Topic: _____ Date: _____
- Participate in a career development activity. Date: _____
- Read a self-improvement book.
Title: _____ Date: _____
- Try something new – something outside your comfort zone.
What was done: _____ Date: _____
- Other _____ Date: _____

Civic Growth

- Be registered to vote and vote in a governmental election at the national, state, or city level. Date: _____
- Attend a public meeting with elected officials or write a letter to an elected official. Date: _____
- Participate in a park cleanup, adopt-a-highway, or recycling program. Date: _____
- Visit a historical monument or landmark.
Place: _____ Date: _____
- Be a member of another organization.
Organization: _____ Date: _____
- Learn about American history by reading a book, listening to a speaker, or watching a documentary.
Topic: _____ Date: _____
- Research a current event or issue and educate someone else about it.
Topic: _____ Date: _____
- Other _____ Date: _____

Spiritual Growth

- Attend a fellowship service at a national, state, district, or local event.
Event: _____ Date: _____
- Learn about a major religion by reading a book, listening to a speaker, or watching a documentary.
Topic: _____ Date: _____
- Spend some time reflecting. Could be daily reflection or meditation. Date: _____
- Tell someone about a life changing experience.
Topic: _____ Date: _____
- Take an active role in a program or worship service at your place of worship.
Role: _____ Date: _____
- Lead a fellowship activity.
Activity: _____ Date: _____
- Other _____ Date: _____

Growth Through Family and Friends

- Attend or host a special activity or event honoring a friend or family member.
Event: _____ Date: _____
- Create or continue a family tradition.
Tradition: _____ Date: _____
- Learn something from or teach something to one of your friends or family members.
Topic: _____ Date: _____
- Learn about family or friendship relationships or dynamics by reading a book or attending a course.
Topic: _____ Date: _____
- Create or update a family history. Date: _____
- Other _____ Date: _____