



Minnesota Women of Today

Living and Learning Certification

The Living and Learning Certification is a tool to encourage a member's personal growth. At the beginning of the year, look at the form, and plan activities you can complete to support personal growth. Once you complete 10 items combined from the four areas of Living and Learning (LL) below, plus one item from the LL State Program Manager (SPM) between May 1 and April 30. Email the form to the LL SPM or complete online at www.mnwt.org by the certification due date of the trimester during which the certification is completed.

Name _____ Date _____

Chapter _____ District _____

Email _____

Self-Improvement (Continuing education, participating in impromptu, effective speaking and writing competitions; Personal Enrichment Programs)

- Take an educational course, attend a seminar or Personal Enrichment Program (PEP)
topic _____
- Participate in the impromptu speaking competition at convention. *date* _____
- Participate in a career development activity. *type* _____
- Read a self-improvement book. *title* _____
- Try something new – something outside of your comfort zone. *topic* _____

Civic Growth (Learning about history; participating in civic duties such as voting, environmental awareness, other cultures)

- Register to vote. *date* _____
- 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* _____
- Join another organization. *organization's name* _____
- Research a current event or issue and educate someone else about it. *topic* _____

Spiritual Growth (finding a personal center, attend a worship service, practice meditation, learn about a religion)

- Spend time reflecting. Could be daily reflection or meditation. *How often* _____
- Learn about a major religion by reading a book, listening to a speaker, or watching a documentary. *topic* _____
- Tell someone about a life changing experience. *topic* _____
- Attend a fellowship service at a national, state, district, or local event. *date* _____
- Lead a fellowship activity. *topic* _____

Family & Friends (Building strong home & family life, share family activities, create a family tradition; learn about relationship building; create a family tree or research your genealogy, traditions, or holidays)

- Host a special activity or event honoring a friend or family member. *event* _____
- Create a family tradition. *tradition* _____
- Learn something from or teach something to one of your friends or family members. *topic* _____
- Learn about family or friendship relationships or dynamics by reading a book or attending a course. *topic* _____
- Create or update a family history. *date* _____
- Have a difficult conversation. *date* _____

Living and Learning State Program Manager (This will be different every year based on what the LL SPM has for her goals.)

- _____ *date* _____
- _____ *date* _____