



United States Women of Today

Personal Development Certification Form⁵⁷

PLEASE TYPE OR PRINT. Personal Development is designed to help each individual advance in personal growth, careers, and citizenship. This form may be completed once each USWT year. These items can be done anywhere; such as in church, school, or other organization. Complete a minimum of 15 out of 30 items. Submit it to your state contact so as to be postmarked no later than May 1.

Name _____ Date Joined _____ Date Certified _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Chapter _____ State _____

- Complete an Effective Speaking impromptu
- Present a speech (4-6 minutes)
- Enter a writing or speaking competition
- Write an article for a chapter, state or national newsletter or a local newspaper
- Write an essay or short story (300-500 words)
- Write or update your resume
- Hold a Women of Today office at any level
- Participate in a leadership exercise
- Participate in a teambuilding exercise
- Participate in a listening exercise
- Participate in a family activity
- Participate in a chapter project
- Participate in a chapter social
- Attend a Women of Today seminar or forum
- Attend a continuing education class, seminar or pursue your GED
- Attend a seminar or update your own estate plan, will, or trust
- Attend a parenting, elder care, or foster parenting class
- Attend a program honoring outstanding women
- Attend a State or United States Women of Today Convention
- Be a member of another organization
- Learn about power of attorney, durable power of attorney, or guardianship
- Learn about the United States flag, the United States Currency, or visit a United States Historical Site
- Learn about the care of your vehicle
- Learn how a bill becomes a law or another aspect of the government
- Interview a member of an older generation about changes they have seen in their lifespan
- Reconnect with a relative or friend
- Create a PowerPoint presentation
- Create a Facebook page and update regularly
- Create or work on a chapter website
- Other suggestions: _____