

Connect.
Grow.
Discover.

**2019 MNJOTS CIP
Living and Learning**

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Hello Chapters and Districts,

I am excited to be working with all of you this coming year in Living and Learning! I have a strong passion towards personal growth and I can't wait to share that with all of you.

I have been a member of the Monticello chapter since 2010. I have held most positions on the local level and have served two years on Exec Council as District 5 Director and Records and Recognition SPM.

I was raised in Dayton, MN where my parents still live. I moved away to Michigan for college, where I meet my husband Erik. We moved to Detroit after graduation and lived there for eight years. We have two boys, Jakob (12) and Matteus (10). Right after Matteus was born we moved back to MN to be closer to family. Since moving back we have kept our strong connection with family. We have a large family and it is rare that you will not see us all at my parent's house for Sunday dinner!

I gained my passion for self-wellness through our son Jakob. As some of you know he has been through a lot for a 12 year old. He was diagnosed with Epilepsy at 4 years old, convergence insufficiency (double vision) in first grade and last year was a tough year with 12 days of missed school, two trips to the hospital all ending with a sever panic attach where we couldn't even get him to leave the house, we then found out he was struggling with anxiety. I take great pride to see him at the swimming pool and now trying lacrosse. He has not missed one day of school this year and has been healthier than ever. That is attributed to lots of reading, research, counselors and hard work on all of our parts. I do believe that you have the power to turn challenging situation into something good, he has better coping skills at 12 years old than most adults. The best part is in this case we have done it through meditation (which he will do on his own), exercise and gaining self-worth.

We will have opportunities this year for everyone to be challenged outside of their comfort zone. The best part is this is a great group to lean and do new things. Everyone is always there to support you even if you fail. We will all pick it up learn from our failures and challenge ourselves again.

Sarah

**MNWT
Important Dates:**

June

6.26 MNWT Webinar

July

7.1 Website Launch
7.1 Programming Eval Due
7.15 LPM Fast Start Due
7.27 State Committee Mtg
7.29 Membership Monday

August

8.9 Day at Diamond Due
8.15 MVP Challenge Due
8.17 Finance Comm Meeting
8.18-24 Kids Week

September

9.1 Project of Trimester Due
9.1 Certifications Due
9.1 Impromptu Reg Due
9.5 Success Due
9.7 Day at the Diamond
9.20-22 Fall State Convention

CIP Highlights:

Certifications, pg 2
1st Tri L&L Challenge, pg 3
1st Tri L&L Book Read, pg 4

Living & Learning encourages member's growth through four pillars.

Spiritual

Encouraging building strong home & family life; attend a worship service or other spiritual growth activity such as meditation, learn about a religion; lead meeting invocation or benediction

Family & Friends

Family nights, share family activities, create a family tradition; learn about relationship building; create a family tree or research your genealogy, traditions or holidays.

Self-Improvement

Impromptu, Effective Speaking, Effective Writing competitions; Personal Enrichment Programs

Civic

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

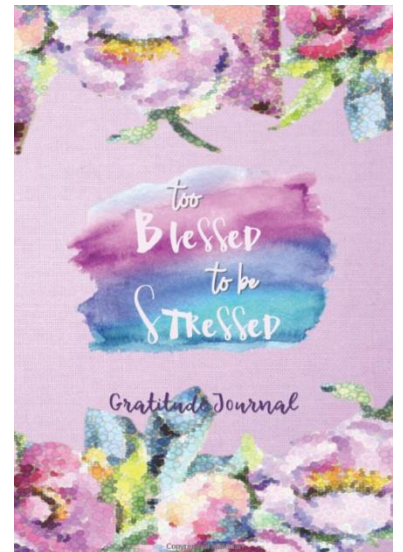


Certifications can be completed anytime throughout the year. Activities on the forms need to be completed between May 1st 2019 and April 30th 2020. There are three different certifications that can be completed and they are found on the MNWT website:

- Living & Learning
- Personal Development
- Health & Wellness

Living and Learning Certification Options:

- Daily Reflection or Meditation:
 - o Start a one-sentence journal
 - o Focus on doing it at the same time, every day
 - o Think about your day, your work, your life
- Lead a fellowship activity
 - o This is easy to do for your chapter or any group
 - o **Bonus Points:** if you lead a fellowship activity and send me an e-mail letting me know what you did I will have an incentive for you at convention!



1st Trimester Living & Learning Challenge

- Review the two questions below that go along with our book read (you do not need to read the book to reflect on the questions below)
- Send an e-mail to me at ll@mnwt.org letting me know that you did the reflection, you don't need to share your answers

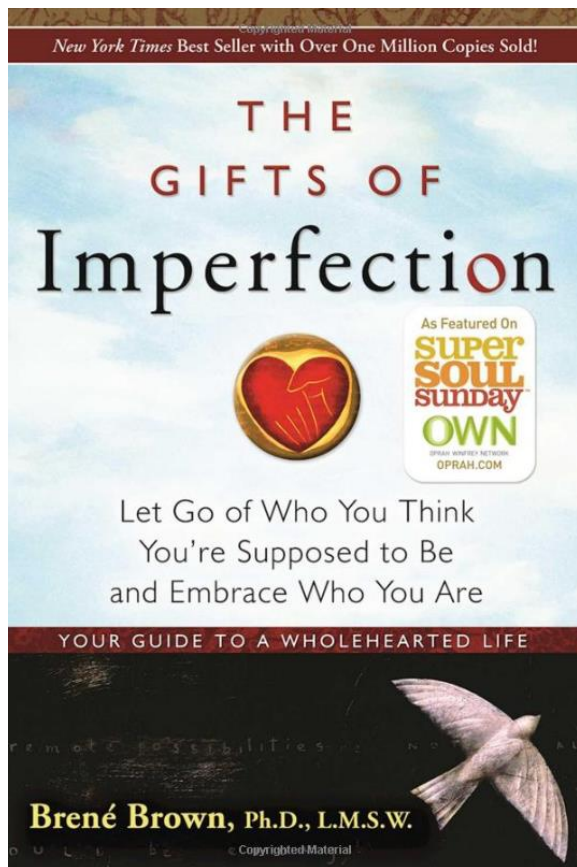


“Courage is telling our story, not being immune to criticism. Staying vulnerable is a risk we have to take if we want to experience connection.” (p. 53)

How do you deal with criticism by family and friends when you tell your story? (p. 53)

When we choose to be true to ourselves, the people around us will struggle to make sense of how and why we are changing. Partners and children might feel fearful and unsure about the changes they're seeing. Friends and family may worry about how our authenticity practice will affect them and our relationship with them. Some will find inspiration in our new commitment; others may perceive that we're changing too much – maybe even abandoning them or holding up an uncomfortable mirror. (p. 51)

How do your family and friends react when you choose to be true to yourself? How did you think your family and friends would react? (p. 51)



1st Trimester Living & Learning Book Read

- There will be a book discussion at Fall State Convention. If you can't attend convention no worries, we will have a zoom meeting going so you can participate from home!
- In September there will be discussion questions posted on the Living and Learning Facebook page that you can participate in
- **Anyone that attends the book discussion or participates in the Facebook book discussion questions will get an incentive at convention**
- **Everyone that participates in either the Book discussion on Facebook or Convention will be put in a drawing to win a copy of next trimester's book read.**

Personal Growth at Convention

- Fall State: **Impromptu Speaking Competition**, no prep work needed just show up
- Winter State: **Effective Speaking**, there will be prep work needed. More details in my Fall State CIP
- Annual Convention: **Effective Writing**, there will be prep work needed. More details to follow in my Winter State CIP

Minnesota Women of Today
1st Trimester SUCCESS Presidential Bonus Points
2019 – 2020

\$50 donation to the State Plan of Action (POA)
50 points

and/or

Submit a completed Programming Trimester Report for 1st Trimester
50 points

and/or

Complete the membership scavenger hunt challenge for first trimester from the
Membership Vice President's CIP and post your chapter picture on your Facebook page and tag
MVP Lisa Hahn.

50 points

and/or

Participate in MNWT Cards for a Cause fundraiser and sell or purchase 4 boxes of cards
50 points

and/or

Participate in MNWT Canterbury fundraising partnership by working as a volunteer for 10 hours
or more (combined total of any number of chapter members). Include list of names and hours.

50 points

Maximum of 100 Bonus Points

**ADDITIONAL Presidential Bonanza Bonus Points (100 points) if all five copies of the
following are submitted with your documentation**

- Sales and Use Tax Permit
- Articles of Incorporation
- Proof of Annual Registration for 2019
(A copy of the email confirmation from MN Secretary of State)
- Proof of Insurance for the current year
- Proof of 990 filing for the fiscal year June 1, 2018 through May 31, 2019
(A copy of email confirmation from IRS dated after June 1, 2019)

Maximum of 100 Presidential Bonanza Bonus Points