



## Living and Learning 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](http://www.mnwt.org) by the certification due date of the trimester 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: \_\_\_\_\_