



United States Women of Today

PERSONAL DEVELOPMENT CERTIFICATION FORM

Name _____ Chapter _____
Address _____ City _____ State _____ Zip _____ Email _____

Personal Development is designed to help each individual advance in personal growth, careers, and citizenship. This form may be completed once each year. Complete a minimum of 15 out of 30 items. And submit it to your state officer to be postmarked no later than May 1st.

- Complete an Effective Speaking impromptu
- Present a speech (4-6 minutes)
- Enter a writing or speaking competition
- Write on 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 on 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 US Women of Today Convention
- Be a member of another organization
- Learn about power of attorney, durable power of attorney, or guardianship
- Learn about the US flag, the United States Currency, or visit a US 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 power point presentation
- Create a face book page and update regularly
- Create or work on a chapter website
- Other suggestions: _____