



United States Women of Today

Personal Development Certification Form

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: _____