



## **“My New Year’s Challenge...”**

*By Shelley Hitz*

Welcome to the Find Your True Beauty Podcast! Girls, it’s time to take a stand for true beauty. In a world that idolizes outer beauty, let’s come together and learn to display our true beauty. I’m Shelly Hitz the author of the website: [FindYourTrueBeauty.com](http://FindYourTrueBeauty.com), and today I want to talk to you about New Year’s resolutions.

You know it’s that time of year where people start making New Year’s resolutions. You know: I’m going to lose some weight, I’m going to exercise more, I’m going to spend more time with my family, I’m going to get better grades at school... So many times we start off with good intentions, and then we fall off.

I want to challenge you with something just a little bit different. I got the idea the other day to take the book of Proverbs, which is 31 chapters, and read one Proverb for each day in January. So start on January 1<sup>st</sup> read chapter one and go through each one and through the whole month I can make it through that whole book of Proverbs. But I want to challenge you to join me on this, start your New Year off in God’s Word, and gaining wisdom from His Word. Proverbs is full, just crammed full of wisdom, and you know James 1:5 in the Bible says that if we lack wisdom we can ask God and he will give it to us freely.

So I encourage you to start your year off gaining wisdom from God’s Word, listening to him, spending time with him, it would probably take you just a few minutes each day. You can even grab an audio version and listen to a chapter each day. And if you don’t start off right at January 1<sup>st</sup>, start where you are at and do it for a month. I think you will notice a change and a difference as you do.

I would love to hear from you. I would love to hear from you that do it, or what other kinds of New Year’s resolutions or challenges you’re taking on this year. Other ways that God’s challenging you in your life, to find your true beauty. So get in contact with me, and you can contact me at [FindYourTrueBeauty.com](http://FindYourTrueBeauty.com). I wish you a very happy New Year; this is Shelley Hitz from [FindYourTrueBeauty.com](http://FindYourTrueBeauty.com).



Shelley Hitz is an ordinary person, just like you, with struggles and trials. And yet, God is doing extra-ordinary things through this "jar of clay." 2 Cor 4:7 says, *"We have this treasure in jars of clay to show that this all surpassing power is from God and not from us."*

Her heart is to help teen girls and women through her website, [www.FindYourTrueBeauty.com](http://www.FindYourTrueBeauty.com), that reaches thousands of people each month around the world with God's truth. She is also the author of the book, "Mirror Mirror...Am I Beautiful" and has co-authored a book with her husband CJ, "The Mathematics of Jesus, Making Sense of Life When Life Doesn't Seem to Add Up." Shelley's openness and vulnerability as she shares her own story of hope and healing will inspire and encourage you.

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