

Be Beautiful, Be You

(a summary by Pat Evert)

Hi, my name is Lizzie: We are each unique, but I think we are more alike than we are different. As long as I have faith in God, a smile on my face, and genuine pride in who I am, everything else will happen on schedule. **I recognize and embrace my own God-given uniqueness.**



Why me? I wanted to give up on God, but sometimes I secretly wondered if He had given up on me. Some days life doesn't make sense and you just have to ask for help, one good cry, and then I have to look for the positive side. People bring us happiness by making us laugh or just letting us know they care. Laughter really is the best medicine, force yourself to do it at least 15 minutes a day. **Pain forces you to make the time and effort to know yourself** and to learn how to deal with problems.

A new start: I could stop thinking about what's wrong with me and concentrate on what's right. I quickly realized that **it's impossible to feel sad and thankful at the same time.** I was training myself to see the positive things in my life and to thank God for them.

Loving yourself: You were created in God's image.

Forgiving trespasses: **Forgiveness is a gift you give yourself.**

Find your passion: Discovering your calling is all about paying attention to what's important to you.

Ready set goal: Think of all the times you wanted to give up but didn't, and all the times you were discouraged but kept pushing forward.

Deal with disappointment: Not everything I want is good for me.

Friends for life: **Keeping good friends is just as important as finding them.** In the next month, get to know at least one person you don't know well or who you've noticed doesn't have a lot of friends.