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## TREASURE YOU IN THE NEW YEAR!

### Five resolutions that will take care of your needs in 2012

BY LAURIE FOX

**P**at Smith sees the Treasure You movement only growing stronger in 2012.

But for that vision to truly thrive, she said, a shift in thinking must take place. Taking care of you needs to be a priority.

So consider Smith's Treasure You Resolutions for the upcoming year:

#### 1. CELEBRATE BIRTHDAYS: YOURS AND YOUR FRIENDS', NOT JUST YOUR KID'S

"We should be able to celebrate another year of life," Smith said. "People are so humble about their birthdays. But you need to know that people care."

Smith said she and the members of her girlfriend's prayer group mark one another's birthdays throughout the year.

"It gives us a reason to get together and celebrate one another," she said.

#### 2. SCHEDULE DATE NIGHTS

"Set aside the time on your calendar for your relationship just like you would schedule your hair and nail appointments or other commitments," Smith said. "Follow through. You can't skip it. Don't let anyone interrupt you, even your kids — no matter how they try to make you feel."

She said she and Emmitt also agree not to talk about business while they're out together.

#### 3. SCHEDULE YOUR DOCTOR'S APPOINTMENTS

"At the beginning of the year, make all of your doctor's appointments for the entire year," she said. "We need to set our physician's appointments, mammogram appointments, dental appointments and female doctor appointments and stick to them."



Heart disease and cancer, the leading causes of death in women, can be prevented with proper screening, she said.

#### 4. SET A TREASURE YOU DATE

"If there's something that you've always wanted to do, set a date and do it," Smith said. "Write your goals down, hold yourself accountable. You'll feel a sense of obligation."

"Make this your year to make it happen," she said "The time is now."ality agreement.)

#### 5. SCHEDULE TREASURE YOU MOMENTS

"Take small moments whenever you can to focus on yourself," Smith said.

She offered these suggestions: read a book, take a nap, exercise, take a bubble bath, get a massage or travel somewhere you want to go.

"Even just having a quiet moment to sit still is important," she said. "Taking time for you can make all the difference." *TF*

# The Core

HOW DO YOU STAY TRUE TO YOURSELF? FOLLOW THESE FOUR PRINCIPLES THAT WERE KEY IN THE FOUNDING OF TY AND YOU'LL BE OFF TO A GOOD START.

**T**he core principles of Treasure You align with universal truths relating to women's roles and experiences. These truths are rooted in the act of balancing everything that goes into being a woman. **Here are four core principles – and some of Pat Smith's real life experiences – that help define Treasure You.**

## Faith

**It is important** to seek and rely on God's strength because it is an infinite amount of strength available for all circumstances. **Hebrews 11:1** ... Now faith is the substance of things hoped for, the evidence of things not seen. KJV



### SAYS PAT...

"Last year was a stressful year around our house. We had a newborn and 15 year old who was entering her freshman year of high school. Our daughter Jasmin was also dealing with an illness that kept her out of school a good part of the year. Thankfully that illness turned out to be not serious, but I knew something good would come out it all. For Jasmin, I think she came back from the time away stronger and more focused than before. Plus, it afforded her and I time together that we hadn't had in years. I had faith that a higher plan was involved, and it was."

## Intimacy

**It is important** to communicate truths through our hearts and invest in ourselves to fulfill our purpose by developing our passions and talents so we can embrace versus escaping our daily lives. **John 10:9**...I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture. KJV

### SAYS PAT...

"For me, intimacy means my relationship with God. Every morning, I get up before Emmitt and the kids and find a quiet place. I seek wisdom from God for not only that day for my life. This time give me peace and balance and prepares me for whatever I may experience that day."

## Perseverance

**It is important** we learn to work versus giving up. Says Pat Smith: "Perseverance is about pushing through to your destiny no matter the fear, disappointments or rejections. **We have to move forward relying on the Power of God.**" Tenacity is based on the constant desire to become a student. It's important to always be cognizant about "how to do it better" the next time. Moving forward allows us to continuously create a life we love living. **Romans 8:28**...And we know that all things work together for good to them that love God, to them who are the called according to his purpose. KJV

### SAYS PAT...

"When I had the vision to create Treasure You, I feared no one would share my passion; that no one would attend our retreat. I had to fight through that, then all sorts of new obstacles began to present themselves – one of our speakers had to cancel at the last minute due to a death in a family; another had to cancel due to a sick child. I knew God had placed these obstacles before me and that I had to fight through them. I did, and the retreat came off perfectly."

## Grace

**It is important** to trust the grace that covers our life and through the process of forgiving we can receive the grace. The grace that comes with forgiveness is our lifeline to eternal freedom. **Psalms 91:2**...I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust. KJV

### SAYS PAT...

"Dealing with a blended family has shown me over and over the power of grace. Recently, my daughter celebrated her Sweet 16 and seeing all the members of this diverse blended family, and understanding all the grace it has taken on all parts to make these relationships work on behalf of our daughter was really enlightening. There is a lot of power in forgiveness." *Ty*

## The 2012 Treasure You "Girlfriend's Retreat" is filing up fast!

The event scheduled for Sept. 28-29, 2012 in Dallas and will again feature world-renowned speakers, a relaxing "girlfriend friendly" atmosphere and of course, those famous one-of-kind experiences every time the bell rings.

» [EMAIL US](#) to reserve your spot for the event!