



Dannah Gresh's
Secret Keeper GIRL

**TRUE
BEAUTY
CHALLENGE:**

"Today, did I
spend more time
in God's Word
or in front of
this mirror?"

"Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight." (1 Peter 3:3-4 NIV)



We, _____ and _____, will attempt to spend _____ and _____ minutes a day in quiet prayer and Bible reading during the next seven weeks.

We commit to do this for five out of every seven days.

Signed: _____

Date: _____

Signed: _____

Date: _____

The Secret Keeper Girl True Beauty Challenge is a creation of Dannah Gresh, as published in *Secret Keeper Girl: The Power of Modesty for Tweens* by Moody Publishers. To learn more, go to secretkeepergirl.com.