



Book Summary: Become a Better You: 7 Keys to Improving Your Life Every Day (Howard Books) by Joel Osteen

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Note: This is a very concise paraphrased summary. Please support the author and buy the book.

- **Say:** God, I'm trusting You. I know You have a great plan for my life.
- Get rid of a defeated mind-set. **You are a child of the Most High God. God has breathed His life into you. He planted seeds of greatness in you. You have everything you need to fulfil your God-given destiny. God has already put in the talent, the creativity, the discipline, the wisdom and the determination. It's all in you. You are full of potential. But you have to do your part and start tapping into it. You have to make better use of the gifts and talents that God has given you.**
- **Who told you that something was wrong with you?**
 - Adam & Eve said, "God, we're hiding because we are naked."
 - God said, "Adam, who told you that you were naked?" God immediately knew that the enemy had been talking to them.
 - God is saying to you today, "Who told you that you don't have what it takes to succeed? Who told you that you are not attractive enough to succeed in your personal relationships or talented enough to flourish in your career?"
- **Keep your eyes focused on where you are going.**
- If I have a dream or a desire, and I know it's from God, I don't have to worry whether I have what it takes to see that dream fulfilled. I know God doesn't make mistakes. He doesn't call us to do something without giving us the ability to do it.
 - Don't let the size of your dreams or the vastness of God's calling on your life intimidate you.
- **Don't allow naysayers in your path to keep you from pressing forward**
 - When people attempted to discourage the Apostle Paul, trying to talk him out of his dreams, telling him what he couldn't do, Paul responded, "What if they don't believe? Will their unbelief make the promise of God of no effect in my life?"
 - **Listen to what God says about you, not all the negative voices.**
 - You have not seen, hear or imagined the wonderful things God has in store for you. Don't be weighed down by the distractions and disappointments in life.
- **When one door closes, if you will keep the right attitude, God will open another door.**
 - Remind yourself that God is still in complete control of your life. If you'll keep your trust in Him, He promises that no weapon formed against you will prosper.
- The Scripture says, "If you put your trust in him, you will not be disappointed."
- Ah, great it is to believe the dream as we stand in youth by the starry stream; but a greater thing is to fight life through and say at the end, the dream is true! – Edwin Markham
- **God preordained you to be here before the foundation of the world**
 - Psalm 139:16: "All the days ordained for me were written in your book before one of them came to be."
 - Notice, David is saying that God saw us before we were born.
 - Before Adam and Eve, before Abraham, before Moses or your grandparents, God knew you.
 - Every morning, no matter how we feel, we need to get out of bed and boldly declare, "Father, I thank You that You have approved me. Thank You that You are pleased with me. Thank You that I am forgiven. I know that I am a friend of God."
- **You can experience the blessings of God**
 - **The Scripture says that, "If we belong to Christ, we are Abraham's seed, and heirs according to the promise."**
- **Set free from the curse of the law**
 - **The Bible says, "Christ has redeemed us from the curse of the law."**
 - The curse is behind any kind of defeat – sin, mistakes, wrong choices, fear, worry, constant sickness, unhealthy relationships, or bad attitudes.
- **God is waiting on you**
 - You may be sitting back waiting on God to do something supernatural in your life, but the truth is, **God is waiting on you.**
 - **You must rise up in your authority, have a little backbone, and determination, and say, "I am not going to live my life in mediocrity, bound by addictions, negative and defeated. No, I'm going to**

do like the Apostle Paul and start pressing forward. I'm going to take hold of everything God has in store for me."

- If you are far from where you ought to be, you need to know that God is waiting for you, and the moment you take one step toward Him, your father will come running to you.

- **Personal and circumstance change**

- You can never change what you tolerate. As long as you accept it and accommodate it, you're going to stay right where you are.

- **Freedom from addiction**

- Start saying, "I'm free." Declare that every day. '

- Don't talk about the way you are, talk about the way you want to be.

- **Generational curses**

- **Battle is spiritual.**

- We have to understand that just as the strong physical characteristics can be inherited, the negative things in our family's bloodline will continue from generation to generation until somebody rises up and puts a stop to it.

- For example, when Adam and Eve disobeyed God that decision didn't just affect them; it affected their children.

- **Rise up and stand against it through prayer and positive, biblically based affirmations.**

- One of the first steps to overcoming these generational curses is to recognize what you're dealing with. Identify it. Don't ignore it. Don't try to sweep it under the rug and hope that it will go away. It won't.

- But thank God, you can start a new family line.

- **Generational blessing**

- Every right decision we make, every time we resist temptation, every time we honor God, when we do the right thing, not only are we going to come up higher ourselves, but we're making it a little easier on the generations that will come after us.

- Get up every day and give it your best effort.

- **Discovering Your Destiny**

- If we are not moving toward our God-given destiny, tension and dissatisfaction will always exist in our inner being. It won't go away with time; it will be there as long as you live.

- Determine that you are going to start focusing on your divine destiny and taking steps toward the dreams and desires that God has placed in your heart.

- Your destiny has to do with what excites you. What are you passionate about? What do you really love doing?

- Because God made you and He is the One who put your desires within you in the first place, it shouldn't surprise you that your destiny will involve something that you enjoy.

- When you are truly in your destiny, it is not a constant struggle. It just feels right.

- **Learn to feel good about yourself**

- If you are going to live in peace with yourself, you have to put down your foot and say, "I may not be perfect, but I know I'm growing. I may have made mistakes, but I know I am forgiven. I have received God's mercy."

When things get tough

- No matter how impossible something looks, no matter how you feel, start boldly declaring, "I am strong in the Lord. I can do all things through Christ. I am well able to fulfil my destiny."

- Call in what God has promised you.

- I am blessed. I am prosperous. I'm the head and not the tail. I will lend and not borrow.

- If you will set aside five minutes a day and simply declare good things over your life, you may be astounded at the results.

- Make a list of your dreams, goals, and aspirations as well as the areas you want to improve, the things you want to see changed. Always make sure you can back it up with God's Word.

- Then get alone with God and take a few minutes every day to declare good things over your life.

- Remember, it's not enough to read it or merely think about it. Something supernatural happens when we speak it out. That's how we give life to faith.

- The Scripture says, "Our faith is made effectual when we acknowledge everything good in us." Think about this: Our faith is not effective when we acknowledge all our hurts and pains.

- I have a bright future. I am gifted. I have the favor of God.

Dealing with people

- The Bible teaches, “We need to adapt and adjust in order to keep the peace.” It doesn’t say that other people should adapt and adjust to us. No, if we are going to have peace, we have to be willing to change.
- **Keep strife out of your life.**
 - God said, “Blessed are the peacemakers.”
- **If you want your relationships to thrive, you must invest in them by being a giver rather than a taker.**
- **By beginning with something positive, the defences come down, and she’s willing to consider my suggestion.**
- **Get up every day and rather than trying to be blessed, do everything in your power to be a blessing to someone else.**
 - **If I meet other people’s needs, God will meet mine.**
- In fact, the Scriptures teach that when you do things in secret, without getting any credit, you will receive a greater reward.

Feed your good habits

- Your habits – whether good or bad – will greatly determine your future.
- **One study says that 90 percent of our everyday behaviour is based on habits.**
- **To become a better you, take inventory of your habits.**
- Most studies of habitual behaviour indicate that a habit can be broken in six weeks; some studies tell us that you can break a habit in as little as twenty-one days. Think about that. If you will discipline yourself for a month or so, and be willing to suffer through the pain of change, you can rid yourself of a negative behaviour, form a new healthy habit, and rise to a new level of personal freedom.
- **Successful people develop better habits.**
- Repetition is what forms a habit.

Keep yourself happy

- Happiness does not depend on your circumstances... It’s a choice that you make.
- **Please understand: You are not responsible for everybody else’s happiness. You are responsible for your own happiness.**
- Too often, we are controlled by others more than we realize. “I’ve got to work sixty hours a week or my boss will look down on me.”
- No recognize what’s happening. You are being manipulated and you need to set some boundaries. Go to your boss and say, “Here’s what I’m able to do. I cannot work late every night. I have other commitments. When I am here at work, I’ll give you one hundred ten percent, but when the workday is over, I will leave the work here and go home.”
- **Yes, reach out to others. Yes, be kind and be compassionate. But make sure that you’re keeping yourself happy. After God, you are your first priority.**

Handling Criticism

- Usually, your critics have no interest in helping you; they are simply trying to drag you down.
- I’ve found that unwarranted criticism is most often based on jealousy. It steps from a competitive spirit.
- **The more successful you are, the more criticism you will encounter.**
 - Keep your eyes on the prize.
 - Tell yourself: I’m not going to allow your rejection or your negative words to keep me from my destiny.

Embrace the Place Where You Are

- Learn to relax and accept the place where you are.
- If we really believe that God is in control and is directing our steps then we must believe that we are exactly where we are supposed to be.
- **Turn everything over to God.** Your attitude should be: **“God, I’m trusting you. I know that You are in control of my life. I may not understand everything that is happening, but I believe You have my best interests at heart. I’m not going to go around resisting and struggling. I’m going to relax and enjoy my life.”**

- The Bible says to **“Be still and know that I am God.”** Notice you need to get still. You need to be at peace with where you are right now.
- Joseph’s attitude was **“God, this is where You have me right now. I may not like it. I may not understand it. I don’t think it’s fair, but I’m not dwelling on any of that. I’m going to keep doing my best, know that in the end, You are going to use this to my advantage.”**
- **Be honest and pray: “God, you know that I’d like to see it happen today. But I’m going to trust You and believe that at the right time, You are going you bring the right provision into my life.”**
- **Understand that your faith will not instantly deliver you out of every problem. Instead, your faith will carry you through the problem.**

One of the best prayers

- **God, not my will, but Your will be done.**
 - God, open up the right doors and close the wrong doors.
 - If you will **stay open to His direction, and follow your heart,** God will protect you.
 - God know what’s best for us.

Stay in Peace

- **God wants us to have peace even when things aren’t going our way.**
- **God works where there is an attitude of faith and expectancy, not attitudes of unbelief, despair and discouragement.**
 - Every day you will have opportunities to lose your peace. Instead, say to yourself, “No, I’m going to sit at peace. I’m not going to allow him to upset me.”
 - Don’t ever sink down to the opposition’s level.
 - **It’s hard to get negative and to veer off into unbelief when you are always talking about God’s blessings and favor in your life.**

God is in control

- The Scripture says, “God is effectually at work in those who believe.”
- Take the pressure off yourself and start believing that God is in control of your life.

Rising higher

- Deal with the issues God brings to light and learn to obey quickly.
 - God, help me to stay sensitive to your voice. Don’t let me get calloused, cold, or numb in any area of my life, in my attitude, or in how I treat people, or in what I say or what I do. God, help me to have a tender conscience.
- Remember: **How high you go in life will be directly related to how obedient you are.**

Plan for blessing

- **True faith puts action behind it.**
- **We need to talk as if what we are praying about is going to happen.**

From Believing to Expecting

- The Bible says, “Be patient as you wait.” Notice, it doesn’t say *if* you wait, it says *as* you wait.
- The passage goes on to say, “See how the farmer waits expectantly.” **That’s the key: We have to wait with expectancy.**
 - Notice, we can’t wait passively; we must wait earnestly and expectantly.