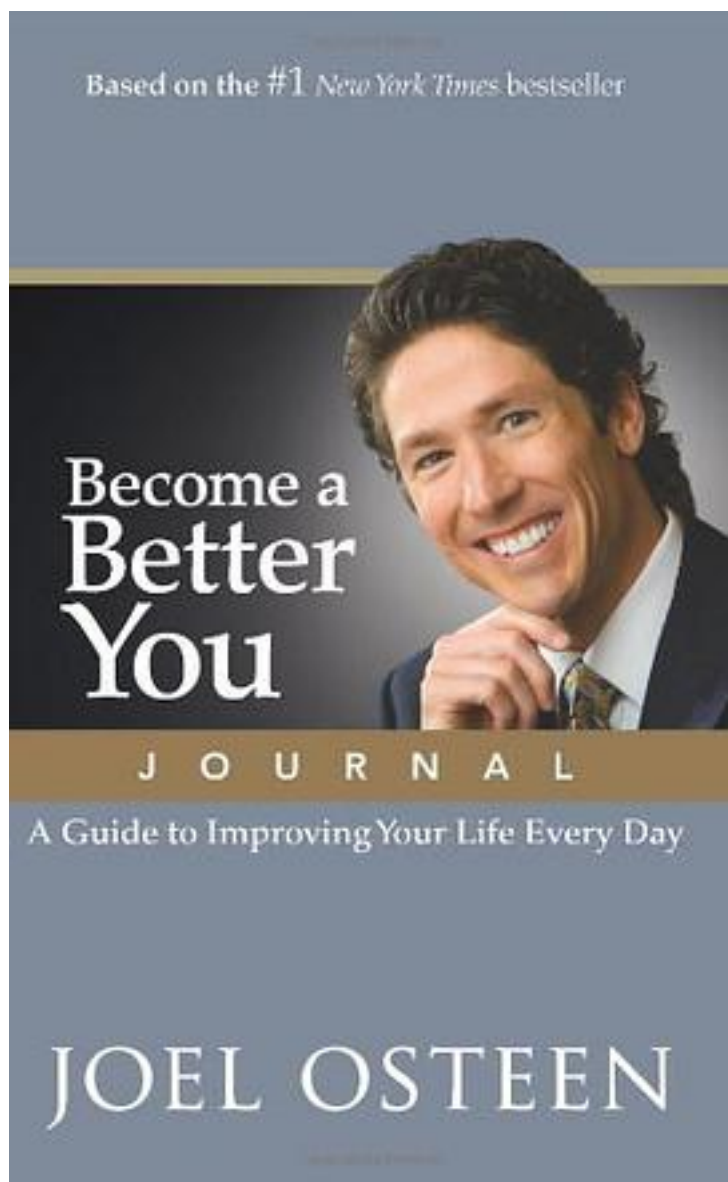


Become a Better You Journal



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No matter where you are in your life, you can be better! In Joel Osteen's bestselling book *Become a Better You*, he outlined seven principles that we should all live by in order to have a life that is more fulfilling, more meaningful, and filled with hope and purpose. In this seven-week companion, you will learn how to apply each of those principles to your everyday life and become the person that God uniquely created you to be. The lessons in this book will equip you to be a better spouse, a better parent, a better leader, and an inspiration to everyone you know! The principles are simple, but applying them to your daily life will have a profound effect on every situation you face: One: Keep pressing forward Two: Be positive toward yourself Three: Develop better relationships Four: Form better habits Five: Embrace the place where you are Six: Develop your inner life Seven: Stay passionate about life Learn how to tap into your full God-given potential. Filled with inspirational thoughts, exploratory exercises, and daily scripture, this journal will show you how to take hold of the future you have always wanted and the future that God had always intended.

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