

Introduction

Have you ever taken a good, hard look at your life and said, “Something

has to change!” Have you ever tried to stare down a secret addiction,

or, as they say, “just get over” your hurtful past? Have you ever been so scared of failing that you didn’t have the courage to try to make a change in your life? Have you ever thought, “Everything changes, so why can’t I?”

Your Best You is a book for those who have looked at their lives and thought, “I want to make a change, but I just don’t know how.” This is not a one-size-fits-all approach to lifestyle change. This book is about you: how you work, what makes you tick, and how you can make the changes you need to make.

As you read, you’ll discover your strengths and how your strengths can work for you. You’ll learn to recognize your true goals and combine your strengths with those goals to create a map you can follow as you navigate the road toward change.

This will be a new way of looking at your life; you’ll never see it in the same way again. The strength-based approach to change is unlike traditional approaches to problem solving. You won’t spend time digging around in your past reliving unhappy experiences, and you won’t put your problems under a microscope. You won’t even be learning from your mistakes.

Why not? Because you’ve probably already tried those approaches.

You don’t need more practice looking at what’s wrong. What you need now is hope. It’s time to start looking at what’s right in your life.

In Your Best You you’ll spend time looking at the things you’re good at—talents and skills; the things you love—people, places, hobbies, passions, joys; and the things that bring you joy. You’ll learn how to build on your success by using your strengths. You’ll explore all that’s good within you—everything that’s true, noble, right, pure, lovely, admirable, excellent, and praiseworthy (see Philippians

4:8). You’ll learn to see yourself the way God sees you—a beloved child, His own creation, whom He filled with strengths, gifts, talents, and hope for the future (see Jeremiah 29:11). The Bible tells us that we are a wonder of creation. No other created thing was given the special

attention humanity was given (see Genesis 2:7, 15-25). God has provided you with everything you need to succeed.

You can begin your wonderful journey of changing your life today. This is not a quick fix, and I’m not offering

Your Best You: Discovering and Developing the Strengths God Gave You by Bonnie Grove

you a formula you can apply to your life to instantly become everything you hope to be. There are no special words you can recite, no one-minute prayer that guarantees success in thirty days. I'm not promising you a secret passage to a world where you'll be wrapped in a divine protective bubble where you will never

again face problems. Instead, you're invited on a journey to a place of confidence and strength; a place where you have the assurance

that God is with you, working in your life.

Change takes time, commitment, and faith. Pray now and ask God to supply these things as you seek His best for your life. God wants to give you His best (see Matthew 7:11). Ask Him. He won't disappoint you.