

## Change for the better!

Written by Timothy Houston  
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All of us would like for things to change for the better.

It is within this hope that we are able to deal with life's ups and downs. Some look for change to take place outside of them. They wish for others to be different. The truth is that real change takes place within us. We have to become the change we wish to see. Even if nothing outside of you ever changes, if you change for the better inwardly, your lives will be better. In order to live life to its fullest, you must change what you see, say and do.

First, you must change what you see. I am not referring to the way you see the world, but rather, the way you see yourself. If you see yourself as small, unattractive, limited or defeated, nothing in life will be of much value. Even if everyone in your circle tells you that you are beautiful, and you don't think so, their words will have little value to you. Real value starts within. When you see yourself as great, beautiful, unlimited and full of potential, you will cause the whole world to bend in your direction, and your life will change for the better. "For as he thinks within himself, so he is," (Proverb 23:7 NASB).

Next, you must change what you say. Your words are a reflection of who you are within. "For out of the overflow of the heart, the mouth speaks" (Luke 6:45). You say what you believe. As you establish positive belief in yourself, you will speak positive words. Words also create actions. They are the catalyst for positive achievement. "... if anyone says to the mountain, go throw yourself into the sea, and does not doubt in their heart, but believes what they say will happen, it will be done for them," (Mark 11:23). You can speak to the mountains in your life, and they will give way to what you say and believe in your heart. When you change how you see yourself, you will change what you say, and your life will take on a new direction.

Finally, you must change what you do. Your actions must line up with your words, and your words must reflect your heart. The three must be in agreement. When you say one thing and do something else, your heart is conflicted. You will not get far in life with a conflicted heart. When this happens, you will only make bad choices. These choices will lead to consequences that will take away from your quality of life. You will become unbelievable, unreliable, and undependable. On the contrary, when your actions line up with your words your heart will be at peace, and your life will be full of prosperity because you will act on the good in your heart.

Real change begins within you. Those who are living a positive life already know this. They know that if you always do what you have always done, you will always get what you have always gotten. These positive people also watch the company they keep because birds of a

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feather still flock together. Remember, if nothing in you changes, changing everything around you will have little or no effect. You are the primary source and impact of how your life will be. By honoring your words, you have the power to change your life. Once you change inwardly, by changing your words, actions, and view of yourself, you will achieve real success. You can start on your new improved journey today. Make the declaration, "I will change for the better by being the change I wish to see."

*Timothy Houston is an author, minister, and motivational speaker who is committed to guiding positive life changes in families and communities. For copies of his book, questions, comments or more information, go to [www.tlhouston.com](http://www.tlhouston.com).*