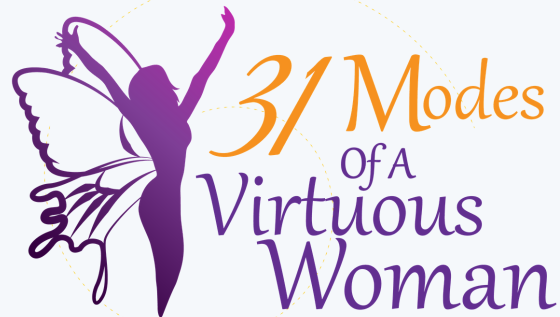


31 WAYS TO IGNITE TRANSFORMATION



LET'S IGNITE TRANSFORMATION!

Shamira Gambrell is a Spiritual Lifestyle Coach who helps women transform themselves from self-doubters to self-starters By Faith. She founded 31 Modes of A Virtuous Woman in 2010 after several years of helping women who were seeking guidance around relationships with; self, men, finances, other women and God.

Shamira's career spans, over twenty-five years as a Social Worker, corporate trainer and workshop leader. Today Shamira offers a wide range of coaching programs and services - from individual coaching, to workshop series and seminars. To contact Shamira, please visit her coaching website at www.31modes.com



Does it sometimes seem like everyone around you is moving forward while you are moving in slow motion? Or perhaps it feels like you are not moving at all? I put together this list of 31 Ways to Ignite Transformation to give you a starting point if you feel stuck. Remember it doesn't have to be "perfect" for you to start. Everything doesn't have to be aligned for you to begin. You can be a self-starter and Ignite Transformation today – Lets Go!

Romans 12:2



31 Ways to Ignite Transformation

1. Affirmations; positive self-talk
2. Fasting, Cleansing and Detoxifying Monthly
3. Develop your vision





31 Ways to Ignite Transformation

4. Journal
5. Celebrate your wins
6. Live your values

31 Ways to Ignite Transformation

7. Take baby steps
8. Encourage Yourself
9. Learn from others





31 Ways to Ignite Transformation

10. Write down your goals

11. Track your goals

31 Ways to Ignite Transformation

12. Heal from the past
13. Increase your knowledge
14. Be consistent





31 Ways to Ignite Transformation

15. Be willing to take risks

16. Get a Coach

17. Prayer

31 Ways to Ignite Transformation

18. Take action steps

19. Develop a daily morning routine



EMBRACE

CHANGE

31 Ways to Ignite Transformation

20. Shift limiting beliefs

21. Choose yourself

22. Be the outcome - Faith it til you
make it

31 Ways to Ignite Transformation

23. Be willing to be uncomfortable

24. Be open to feedback

25. Have an attitude of gratitude





31 Ways to Ignite Transformation

26. Complete something

27. Know your "why"

28. Help someone reach their goal

31 Ways to Ignite Transformation

29. Create and carry out plan to execute your vision

30. Evaluate and assess yourself

31. Connect with God



I pray you found this useful.

Remember to always:

- 1. Believe in yourself and know you can do it By Faith*
- 2. "Step away from fear and out on faith" – S. Gambrell*
- 3. Stand in God Confidence and take action*
- 4. Use so called failures as life lessons*

Please reach out to me at Shamira@31modes.com with your comments. If you are interested in working with me or attending one of my events please visit 31modes.com

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