


*4 Step Guide To*

# LIVING A MORE FULFILLING LIFE

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The Ultimate Resource For Women Discovering Their  
Purpose



Laugh  
&  
be happy

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**Hi my name is Shadana Miranda and I work as a Transformational Coach. My mission is to help women live a life of passion and purpose so that they experience a sense of self fulfillment. Today I'm gonna give you 4 simple steps on how you can live a more purpose driven life.**





# STEP 1

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## Get on the right track mentally

Start by getting on the right mental track. This may sound simple, but trust me this is no easy task and requires patience, obedience, and a dedicated investment of time. How do you get on the right track mentally? I'm glad you asked. Start by cleansing your inner circle with people who are only deserving of your time. If you have friends who are negative all the time, constantly complaining and never have any positive energy when you're around them, let them go. It's so important that you make room for good vibes and new beginnings. Please note this message includes family members as well. Now it may be a little harder to drop family members from your circle but you can minimize how often you see and talk to them. I would suggest keeping it to a minimum. After that step is completed, let's move on to the next.

In addition to cleansing your inner circle. A big part of mental health includes spending time alone in silence. Setting aside quiet time to yourself on a daily basis. Carve out time throughout the day to settle your mind. This will help you refresh and refocus. Personally, I start my alone time in the morning, I begin with a few I am statements i.e ( i am worthy, i am wonderful, i am deserving, i am walking in my purpose) and lead into a 5 or 10 minute meditation. This helps to set the precedence for how I want my day to start. It also allows me to recharge for a new day and not worry about personal problems.

# STEP 2

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## The Purging Stage

At this stage, we are out with old and in with the new. Start by cleaning out your closet. It's time to get rid of clothes that have been sitting in your closet for more than 3 years, clothes that you have never worn, or anything sitting dormant in your closet. Oh and please spare the excuses of why you need those clothes. This includes shoes and accessories as well. After you've cleaned out your closet, next comes the fun part. It's donation time!!! Don't just dump all of your stuff to the trash but instead save the environment. Get rid of clothes the smart way. I would suggest donating to a poor person, a women's shelter, or a local non profit organization looking for clothing. The point is to release and embrace newness. When you clear your closet space you are making room for new things, and not just clothing, it's a symbol of new beginnings.

Part 2 of step 2. Make sure your surroundings are clean. Yup I said it, a clean house matters. It will allow you to think straight and stay on task. This may seem like a tiny thing, but can affect the way you think, operate and do business. I used to operate in complete messiness. From my desk to my room, to my bathroom, you get the picture. The moment I decided I would no longer keep a messy space, my life completely changed. You may not be aware of it but a clean space is a big part of self love. It shows you care about the things around you. It gives you a sense of feeling clean and helps you to stay organized in your thoughts.

# STEP 3

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## It's Make-Over Time

Are you ready for a change? I'm referring to your look.

Part 1- change your hair. Get that new hair cut you've been considering or change your hair color. A few years back, I was in a transitional stage. I cut my hair really short to look like actress Nia Long, because she was famous for her short pixie cut. After a year of letting it grow out. I decided to change the sandy brown hair I'd been having all my life and go honey blonde. It was the best decision I had ever made. I can agree that blondes do have more fun, lol. As you move into a new season in your life, incorporating and inviting change is always good. The good news is, if you don't like something, you can always go back.

Part 2. Define your style, don't be afraid to mix and match your clothing pieces. If your style is more conservative, try wearing a few not so conservative pieces sometimes. Not at work of course but maybe on a date, or when you're out with friends. Also vice versa, if you tend to stick to sexier pieces that show skin, incorporate more conservative pieces in your look. Or your style make be safe, meaning, you only wear neutral colors like black white, khaki etc. I would suggest starting to play around with more colors and patterns to include in your everyday outfits. Moral of this story, change up your style, even if it's the bare minimum and do you boo.



# STEP 4

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## Get it Done

Complete that project! What is it that you've been wanting to start but haven't had the time for? Maybe a project around the house, a book you've wanted to write, a course you've wanted to take, heck or even a vacation you need to start saving for. The time is now, no more excuses. You deserve to invest in yourself. Women who invest in themselves go farther in life. This season is 100% about you. Get ready, Get started, Go! Give yourself a deadline of completion, THIS YEAR, and don't procrastinate. I would say get started within the next month, this will give you time to complete the other steps aforementioned. After you start, give yourself a 30, 60, or 90 day deadline of when you'll actually complete your project. Write the date down in a calendar and record it in your phone. And finally "hold yourself accountable". As I mentioned before, This Is "All About You". Go, Grow, and Glow Girl!

Thank you for reading my e-book: I hope this truly helped you. My mission is to truly inspire and uplift women through my work. If you would like to learn more about how you take things up a notch in life then book a call [here](#), I want to help you discover your purpose and start walking in it.

Oh and while you're at it. Let's keep in touch! I'd love to learn more about you.

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