



# 100 WAYS TO SELF TRANSFORMATION

TOOLS & TECHNIQUES FOR  
SELF EMPOWERMENT & EVOLUTION



Enrich yourself by indulging into this ebook  
by



**TRIBE OF TRANSFORMERS**  
Radiance of Joy



Welcome to a journey of self-discovery and transformation, where each step brings you closer to your true potential. In this ebook, you will explore 100 unique and powerful strategies designed to inspire and empower you to become the best version of yourself. In today's fast-paced world, it's easy to lose sight of our inner selves and the dreams we once held dear. We often get caught up in the daily grind, leaving little room for personal growth and self-improvement. But what if you could break free from these constraints? What if you could unlock the door to a more fulfilling, purpose-driven life? This ebook is your guide to doing just that. Whether you're seeking to enhance your mental well-being, improve your physical health, or cultivate deeper, more meaningful relationships, you'll find the tools and techniques you need within these pages. Each chapter offers a new way to transform your life, from simple daily habits to profound mindset shifts. Each method is designed to be practical and actionable, allowing you to implement changes immediately and see results quickly. You'll find that some techniques resonate more with you than others, and that's okay. The key is to experiment, be patient, and stay committed to your journey of self-transformation.





THEMATIC ZONE

#1

**Fitness &  
Wellbeing**

### 1. HYDRATE YOUR BODY THROUGHOUT THE DAY

Staying hydrated is essential for maintaining bodily functions, regulating body temperature, and supporting overall health. Aim to drink an adequate amount of water throughout the day, and pay attention to your body's signals for thirst. Drinking water can also help with weight management, digestion, and cognitive function. **Remember the formula** - One litre per day for every 20 Kgs of your weight, not exceeding Four litres per day. (e.g. 4 litres for 80 kgs. Weight and 4 litres for 90 kgs weight). Do not drink water with meals and upto 45 minutes after meals. Do not drink water while standing. Sit to drink.



### 2. ESTABLISH A REGULAR EXERCISE ROUTINE

Regular exercise is essential for maintaining physical health and well-being. Establish a consistent

### 3. SPEND TIME OUTDOORS IN NATURE (DURING SUNLIGHT FOR SUFFICIENT LUX)

Spending time outdoors in nature has numerous physical and mental health benefits. Exposure to nature reduces stress, improves mood, enhances cognitive function, and promotes physical activity. Aim to spend time outdoors regularly, whether it's going for a walk in the park, hiking in the mountains, or gardening in your backyard. Morning sun gives a whopping 1,00,000 Lux, Prefer atleast 30-40 minutes outdoor. Lux helps enhance focus, improves sleep and is also vital for our psychological well-being.

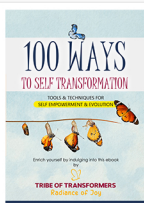
### 4. ATLEAST TEN MINUTES OF EARTHING EVERYDAY

During day light sit or walk in mud barefoot for minimum of 30 minutes every day. If you could find moist grass in combination to mud, it would be an added advantage. Earthing reduces inflammation in the body, regulates nervous system & cortisol levels, improves blood flow, restores energy and improve sleep quality.



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Pooja Chopra

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