

BY CHRISTINA GREVE

THE GENTLE JUMPSTART

1% Better Every Day: Small, Powerful Steps to Boost
Your Energy, Glow Up & Transform Your Well-Being



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WELCOME TO THE GENTLE JUMPSTART

Transformation isn't about doing more, it's about doing less. Less of what overwhelms you, drains you, or keeps you stuck. And more of what lights you up, nourishes your body and mind, and brings you joy. It's about letting go of the noise, reconnecting with what truly matters, and nurturing yourself; one small, intentional step at a time.

If you feel stuck, whether from overworking, burnout, exhaustion, self-doubt, or simply feeling out of balance, this guide is for you.

My purpose with The Gentle Jumpstart is to give you renewed hope and remind you that you don't have to change everything overnight. Because real transformation doesn't come from force, it comes from self-care, honoring your needs, and trusting yourself.

So let's take that first gentle step together. I'll share some of my best, simple and powerful habits that will help you boost your energy, glow up, and transform your well-being, without pressure, without overwhelm.

Go at your own pace, and remember: one small step at a time is all it takes.

You got this.

With love,

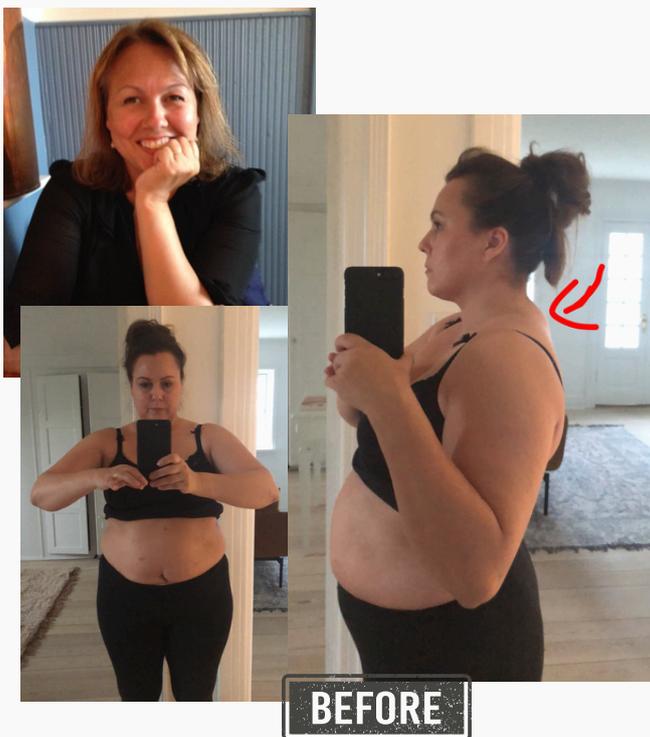
Christina



MY JOURNEY: FROM BURNOUT TO BALANCE

In the *before* photos below, I felt like I was living in an 80-year-old body. My body was stiff and in pain, my mind foggy, and I had no energy. I was overworked and stuck in a cycle of using food as both a reward and a coping mechanism. I barely moved or exercised, spending most of my days sitting. Exercise felt impossible when I barely had the energy to get through the day.

I gained weight, my health suffered in many ways, and simple things like waking up feeling rested or having energy for exercise felt out of reach. I told myself I was “too busy” and that “one day” I’d make a change. Deep down, I wasn’t happy because I had let myself go. For too long, I had prioritized everyone and everything above myself.



Fast forward to today: I feel like my optimal self! My energy is back, I’m healthy, pain free, and my body is strong. I’ve shed not just the weight but the bad habits and the mindset that were holding me back. The truth; it didn’t happen overnight. It wasn’t about extreme diets, punishing workouts, or pushing myself harder. That NEVER works! It was about small, consistent shifts to become 1% better every day. It was about prioritizing myself again.

STARTING FRESH

If you're reading this, there's a part of you that is ready for change. Maybe you've been stuck in cycles of pushing your own needs aside. And maybe, deep down, you feel a little guilty for how far things have slipped. It's okay. You are still a wonderful person, and there's absolutely nothing wrong with you.

For years, I prioritized everything and everyone else. My work. My responsibilities. My endless to-do lists. I told myself I'd get back to me once things calmed down, except they never did. And then, one day, I made a decision. I decided it was time to do things differently.

Not because I had to "fix" myself. Not because I hated my body. But because I wanted to feel alive again.

Before you take a single step forward, I want you to hear this:

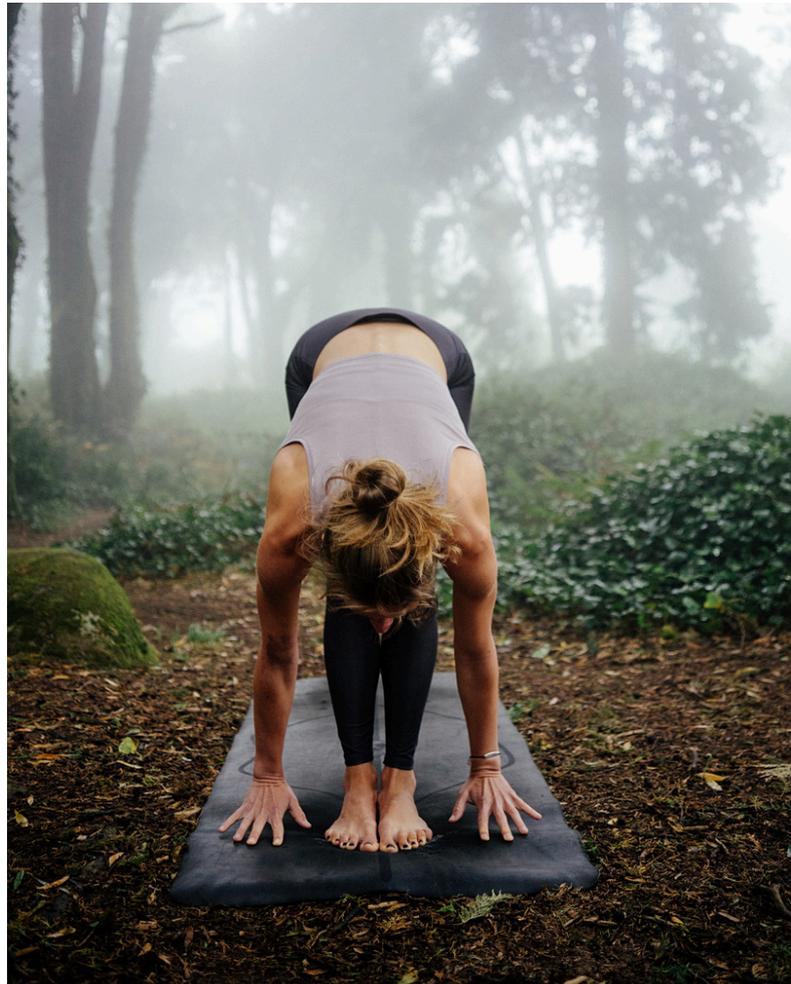
- ☞ You are not weak for struggling.
- ☞ You are not broken because you let yourself go.
- ☞ You do not have to punish yourself to create change.

Shame will try to convince you that you've failed, that you should have done better, that it's "too late" to turn things around. But beating yourself up only keeps you stuck. The moment you forgive yourself, you create space for change to happen.

Today, you decide that you are worth the effort.

Today, you decide that you deserve to let go of guilt and self blame.

You don't need permission from anyone, and you don't need to "earn" the right to take care of yourself.



A FRESH START RITUAL

I want you to mark this moment. Right here, right now, you are letting go of the past and stepping into something new. Here's a simple ritual to help you release the old and welcome the new:

Write a Forgiveness Letter to Yourself

Take out a piece of paper or your journal. Write a short letter to yourself, one filled with compassion, not criticism. This is your first 1% better challenge, and it only has to take about 10-15 minutes. Write from your heart, with compassion and understanding.

You can start with something like:

"Dear [Your Name], for too long I have blamed you for..... I understand now that you did what you thought was best for me at the time. Today, I forgive you for..."

Let it all out. The self-blame, the guilt, the frustration. Then, close your letter with kindness:

"I am proud of you for choosing to move forward. I am excited for the future we are creating together."

Do a Small, Symbolic Act of Release

Once you've written your letter, find a way to physically let it go. You can:

- Tear it up and throw it away as a sign of releasing old patterns.
- Burn it (safely!) and watch the guilt turn to ash.
- Bury it in the earth as a symbol of planting new seeds of growth.

Whatever feels right for you. The act itself doesn't matter—the intention behind it does.

This is the beginning of something new. Not a harsh reset, not an extreme plan, just a gentle jumpstart into a healthier version of you. You don't have to get everything right today. You don't have to change overnight. You just have to keep showing up one step at a time.

RECLAIMING YOUR TIME & ENERGY

We live in a world that glorifies being busy. We wear exhaustion like a badge of honor. We juggle responsibilities, say yes when we mean no, and put everyone else's needs ahead of our own. And then we wonder why we feel burnt out, depleted, and disconnected from ourselves. If you've ever thought, "*I just don't have time to take care of myself,*" I want to gently challenge that belief.

Because the truth is; you do have time. You've just been giving it away to everything and everyone else. Today, that changes. It's time to reclaim your time and energy, so you can finally nurture yourself without guilt.

Grab your journal or a piece of paper, and let's identify what's stealing your time and energy.

Here are two common energy drains that might be keeping you stuck:

1. Overcommitting: Saying Yes to Everything & Everyone

Do you find yourself constantly saying yes to things you don't really want to do? Maybe it's extra work, social events, or favors for others. Overcommitting can leave you stretched so thin that you have nothing left for yourself.

💡 **Ask Yourself:** What am I saying YES to that I secretly want to say NO to?



2. Time-Wasters: The Hidden Hours You Don't Realize You're Losing

We all have invisible time-wasters that add up; scrolling on social media, checking emails, watching “just one more” episode on Netflix. Constant notifications, and interruptions keep you in reaction mode, making it hard to focus on what truly matters. **The more distracted you are, the less energy you have to invest in yourself.** These things might feel small, but over time, they steal the very moments you could be using to care for yourself.

💡 **Ask Yourself:** Where does my time go? What activities make me feel drained instead of energized? What time-wasters can I eliminate or reduce to free up more time for self-care?

Remember: Self-care isn't selfish, it's giving the world the best of you, not what's left of you.

Now that you've identified your biggest time + energy drains, let's clear them out and make room for what truly matters; your health, well-being, and peace of mind. One of the simplest ways to do this is using the “**Is This Essential?**” method.

Every time you're about to commit to something that takes time and energy, ask yourself:

- ✓ Does this truly add value to my life?
- ✓ Is this aligned with how I want to feel?
- ✓ Would my future self thank me for this?

If the answer is no, let it go.

Reclaiming your time doesn't mean neglecting responsibilities, it means being intentional about where your energy goes. **Every time you say NO to something that drains you, you're saying YES to yourself.**

MAKING YOURSELF A PRIORITY

You're no longer the woman who puts herself last. You're the woman who chooses herself; **one small step at a time**. Because, when you prioritize your well-being, you show up as a more energized, present, and joyful version of yourself.

So, here's your next step:

- ✓ Pick one thing you will say NO to this week.
- ✓ Pick one thing you will say YES to for yourself.
- ✓ Decide how you will use your reclaimed time—even if it's just 10 minutes of movement, rest, doing something creative, or deep breathing.

GIVE YOURSELF THE GIFT OF PATIENCE

The most important gift you can give yourself when making changes is patience. Don't focus on going from 0 to 100. Focus on going 0 to 5. Then 5 to 10. Then 10 to 15. And so on until you get to 100. **Baby steps, EVERY SINGLE DAY produce solid results.**

Avoid overwhelm and setbacks by focusing on one single step at a time. If you can't workout 60 minutes, workout 10. If you can't meditate 20 minutes, take 5 deep belly breaths. If you're constantly stressed practice doing nothing for 10 minutes every day. If decluttering your entire home feels impossible start with one drawer. If you can't dedicate daily to your creative passion, make a nonnegotiable appointment with yourself once a week. Doing a little is better than doing nothing.

Reinforce the habit of showing up for yourself, and nurture your needs. Doing something kind for yourself today is a heartfelt gift to the future you, a love note written in action.



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YOUR MORNING ROUTINE

How you begin your morning sets the tone for your entire day. That's why I want you to start your mornings with intention. **An intention is a conscious decision about how you want to show up in your day.** It's about who you want to be and how you want to feel. Do the following every morning, before you reach for your phone or get swept up in the demands of the day.

☞ **Set your intention for the day.** Your intention is your daily anchor, a simple yet powerful way to take ownership of your day and support yourself from the inside out. You can set your intention in whatever way feels natural to you, eyes closed, sitting on your bed before you get up, or by writing it down in a journal. There's no right or wrong way, just what works for you. Your intention can be anything you want to focus on. Let it be a positive vibration that sets the tone for your attitude, energy, and mindset throughout the day. Think of it as a guiding light, helping you move through your day with clarity, purpose, and self-compassion.

- ◆ "Today, I will move through my day with patience and kindness."
- ◆ "Today, I will be mindful about the energy I bring with me."
- ◆ "Today, I will focus on tiny progress, not perfection."

☞ **Decide what SMALL step you will take today,** to honor your well-being, mind and body. Ask yourself:

- ◆ *What is ONE small thing I can do today that will make me 1% better and bring me closer to where I want to be in life?*

Your answer doesn't have to be big. It could be as simple as: drinking an extra glass of water. Taking a five-minute stretch break or a short walk in your lunch break. Or say something kind to yourself in the mirror. Whatever you decide to do, you gotta do it. **You show yourself that you do what you promised yourself you would do.** THIS is important!

👉 **Listen to The Morning Pep Talk.** Imagine starting each morning feeling grounded, focused, and empowered, ready to step into your day with clarity and confidence. That's exactly what The Morning Pep Talk is designed to do. This daily audio encouragement will amplify your Gentle Jumpstart by boosting your mental well-being, motivation, and self-belief. Think of it as your personal coach in your ear, reminding you that you are capable, worthy, and on the right path.

You can listen to The Morning Pep Talk on The Empowered Creative Podcast (link available on my website and in the welcome email). Play it while getting ready in the morning, during your daily walk, or on your commute, let it set the tone for a day filled with purpose and positivity.

Here's a short recap of the gentle yet powerful morning routine:

- 1** Set Your Intention. (Before reaching for your phone).
 - Ask yourself: Who do I want to be today? Choose a word or phrase that aligns with how you want to feel.

- 2** Ask Yourself the 1% Question.
 - What's one small thing I can do today to get closer to my goals?

- 3** Listen to Your Morning Pep Talk.
 - Let it fill your mind with positive, empowering thoughts.

This routine takes just a few minutes, but the impact will last all day. So tomorrow morning, before the world demands your energy, claim it for yourself first.



TRANSFORM YOUR LIFE ONE HABIT AT A TIME

Now that you've created space for change, it's time to start adding in small, sustainable habits that will nourish your body, boost your energy, and strengthen your relationship with yourself.

The following suggestions I give, are practical steps inspired by what I've personally done to create real change in my own life. These aren't a one-size-fits-all plan. Instead, think of them as a menu of possibilities. Pick what resonates with you. Start small. Experiment.

Each of these steps is designed to help you:

- ✓ Boost your energy naturally.
- ✓ Feel healthier, stronger, and more vibrant.
- ✓ Build a deeper, more loving relationship with yourself.

Some days, you might feel ready to tackle a few changes at once. Other days, just one tiny shift will be enough. That's okay. **Progress is progress, no matter how small.** Over time, these small habits will add up to something big.

START WITH GENTLE EXERCISE

One of the biggest misconceptions about fitness is that you have to train hard and long to see results. The truth? **You don't need intense workouts to feel strong, energized, and healthy.**

Movement should feel nourishing, not punishing. It should support your body, not exhaust it. And most importantly, it should be something you enjoy and can sustain long-term.

The key is to find gentle ways to move that feel good for you, without pressure, without guilt, and **without the all-or-nothing mindset.**

MOVE FOR MOBILITY & POSTURE

If you're new to exercise (or returning after a break), start with slow, mindful movement that improves flexibility, posture, and strength without stress on your joints.

- ✓ Beginner's Yoga or Pilates – Great for core strength, flexibility, and body awareness.
- ✓ Mobility & Posture Exercises – Helps reduce stiffness and improves daily movement.
- ✓ Yin Yoga & Mild Stretching – Releases tension and promotes deep relaxation.

When I first started yoga, I could barely do any of the poses, that's how stiff I was. My shoulders were rounded, my neck was in pain, my back felt locked, and my stomach was in the way. But I kept showing up.

I rolled out my mat, even when I felt more like an elephant than an elegant yogi. On the days I didn't feel like practicing, I told myself, "Just do five minutes." And without fail, those five minutes always turned into more, because once I started moving, it felt good to be in my body again.

Later, I built up the confidence to go to a yoga studio. That was tough. Standing next to those yogi ninjas who had been practicing for years made me feel completely out of place. They moved with such ease, while I struggled just to hold my balance. But I reminded myself:

- ☞ You are not here to perform perfectly or look good.
- ☞ You are here to nurture your body and challenge yourself.
- ☞ Don't give in to comparison—focus on being just 1% better.

And so I did. One small improvement at a time. Today, I'm proud to call myself a yoga instructor. If you had told me that when I first started, I would have laughed. But here I am. And that's the magic of baby steps, you never know where they will lead.



BASIC STRENGTH TRAINING

If you want to build strength without long, exhausting workouts, a simple twice-a-week strength session can work wonders.

A basic full-body program can be as simple as:

- **Squats** – Strengthens legs, glutes, and core.
- **Lunges** – Improves balance and lower-body strength.
- **Push-ups** – Modify by doing them on your knees or against a wall.
- **Crunches or Core Work** – Helps support posture and spinal health.
- **Back Extensions** – Strengthens the lower back and prevents stiffness.
- **Plank** – Overall body strength and good posture.

💡 You don't need heavy weights or a gym—just your body weight or light resistance is enough to start! Aim to do 10-15 minutes twice a week.

💡 Strength training doesn't have to be intense! Even short, low-impact sessions can help you build strength, increase metabolism, and protect your joints.

When you move for nourishment, not punishment, your body will thank you.



WALKING: THE SIMPLEST, MOST POWERFUL HABIT

Walking was the very first form of exercise I implemented when I decided to start taking better care of my body. At the time, I was the kind of person who never walked anywhere, if I could take my car, I would. I was always “too busy” to walk, rushing from one responsibility to the next. But deep down, I knew I needed to move more. So I gave myself a simple challenge: Walk 4,000 steps every day for 30 days—no matter the weather.

This might not sound like much to some, but when you go from barely walking to committing to it daily, it’s a big shift. To make things even harder, I started in the middle of a Danish winter, when the weather was unpredictable, cold, and often brutal. Rain, snow, and stormy winds became part of my challenge.

At first, it was tough. Some days, I had to drag myself out the door. But I stuck with it, bundling up in layers, putting on a great upbeat playlist, and just walking. And what I discovered was almost magical.

Somewhere along the way, my walks stopped feeling like a chore. I found that walking in nature had a deep, positive impact on my mood. On certain walks, I experienced a sense of happiness I hadn’t felt in a long time, a kind of clarity and peace that felt so simple, yet so powerful. Even on the stormiest days, I felt proud of myself for doing it anyway. Each step built confidence. Each walk became proof that I was showing up for myself.

But there was one thing I struggled with in the beginning; walking without a purpose. At the time, walking just for my health wasn’t motivation enough. So I got creative.

I started bringing a backpack and made it a mission to walk to a grocery store far away to pick up a few things for dinner. This gave me a destination and a goal, which made it easier to convince myself that I wasn’t “wasting time.”



And before I knew it, something unexpected happened...I fell in love with walking. As my 30-day challenge ended, I wanted more. I started walking longer distances. Eventually, I walked so much that I sold my car.

Today, five years later, I walk or bike anywhere within a 10 km distance. And I wouldn't trade it for anything. It makes me feel alive, strong, and free.

Walking is one of the simplest, most effective things you can do for your body, mind, and overall well-being –it's a powerful tool for longevity and graceful aging.

The Science-Backed Benefits of Walking

- Boosts energy & circulation – Gets your blood flowing, delivering oxygen and nutrients to your cells.
- Strengthens your body – Walking tones your legs, core, and even arms if you use them actively.
- Reduces stress & anxiety – Studies show that walking, especially in nature, reduces cortisol (the stress hormone).
- Supports weight management – Regular walking helps maintain a healthy metabolism.
- Improves sleep quality – Moving your body daily helps regulate your circadian rhythm.
- Supports heart health – Lowers blood pressure, improves cardiovascular function, and reduces the risk of disease.
- Enhances brain function – Increases blood flow to the brain, improving memory and mental clarity.
- Boosts vitamin D & skin health – Walking outside gives you fresh air and exposure to natural sunlight, essential for vitamin D production.

The best part? Walking requires no fancy equipment, no gym membership—just you and a pair of comfortable walking shoes.

HOW TO START WALKING MORE (NO MATTER YOUR FITNESS LEVEL)

If you're new to walking, start with small, achievable goals. Walking is a habit that builds over time, so there's no need to push yourself too hard in the beginning.

Beginner's Guide to Walking More:

 Start with 2,000-3,000 steps a day – If you're new to walking, this is a manageable target to build consistency.

 Gradually increase to 4,000-8,000 steps – Research suggests this range provides significant health benefits.

 10,000+ steps is great, but NOT necessary – The “10k rule” isn't mandatory—walking consistently matters more than hitting a perfect number.

My personal daily walking range is typically 4000-6000 steps during the week days, and then I do longer walks in the weekend reaching 6000-10.000 steps.

 **Tip:** Use a simple step-counting app on your phone to monitor your progress! I use an app called “Step Counter Pedometer DoSteps” for automatic step counting.

Make Walking More Enjoyable & Motivating

- Turn it into “me-time.” Listen to an uplifting podcast, or an audiobook.
- Make sure you have an upbeat “walking playlist” ready for your walks.
- Walk in nature whenever possible. Green spaces boost mood and reduce stress.
- Challenge yourself with fun goals. Try a 30-day walking challenge or a daily step target.
- Combine walking with errands. Walk to pick up groceries or run small tasks instead of driving.
- Make it mindful. Observe your surroundings, and enjoy the movement.



REST, BREATHE & MEDITATE: THE POWER OF SLOWING DOWN

Rest is not laziness, it's an act of self-love. You don't have to earn the right to rest. It's not a reward, it's a necessity. It's essential for healing, energy restoration, and mental clarity. Your body isn't designed to go, go, go without breaks. **Just like a muscle that gets fatigued after intense use, your brain and nervous system need moments of pause to function at their best.**

Why Rest is Crucial for Your Body & Mind

- **Reduces stress & anxiety** – Chronic busyness keeps your nervous system in a constant state of fight-or-flight. Rest activates your body's natural relaxation response, lowering stress hormones and calming the mind.
- **Boosts focus & creativity** – Breaks allow your brain to process information, solve problems more effectively, and think more creatively.
- **Regulates your emotions** – When you're constantly exhausted, everything feels harder. Rest helps stabilize your mood, making you more resilient to challenges.
- **Prevents burnout & exhaustion** – Pushing through fatigue leads to diminishing returns. Pausing and resting actually increases your long-term productivity and well-being.
- **Supports deep healing & recovery** – Your body repairs itself during rest. Whether it's sleep, deep breathing, or simply lying down for a few minutes, these pauses allow your system to reset.

Every hour or two, step away from what you're doing and give your body and mind a chance to reset. You can stand up, stretch, and move your body. Step outside for a few breaths of fresh air. Close your eyes and take a few deep breaths or sip a cup of tea mindfully, without distractions.

💡 These small pauses will help prevent mental fatigue, keeping you more energized and focused throughout the day.

Explore Longer and Deeper Relaxation

The more comfortable you become with slowing down and taking small breaks, the more you may find yourself drawn to exploring deeper rest and relaxation. This is where longer pauses and intentional deep rest come in, allowing your body and mind to truly reset and recharge.

You can experiment with:

- **Body Scan Meditation** – Helps release tension and bring awareness to your body.
- **Yin Yoga** – Helps stretch deep connective tissues and calm the nervous system.
- **Restorative Yoga** – Helps encourage deep relaxation and stress relief.
- **Sitting Meditation** – 10-20 minutes to cultivate inner stillness and clarity.
- **Sauna** – The heat melts away tension, relaxes your muscles, and encourages deep rest. 15-20 minutes is generally safe and effective for relaxation and detoxification.
- **Reading Break** – Curl up with a comforting book.
- **Journaling Session** – Brain-dump your thoughts, reflect on gratitude, or explore how you're feeling. Journaling is a powerful way to declutter your mind, reduce stress, and gain clarity.
- **Creative Flow Time** – Take a break to do something creative. Sketch, paint, doodle, write poetry, play music, or even dance around your living room. Engaging in creativity is a powerful way to shift out of stress mode and into joy.
- **Power Nap** – A 10-20 minute nap can boost focus, mood, and energy without leaving you groggy. Keep it short and sweet—longer naps can make you feel sluggish.
- **Self-Massage & Fascia Release** – Use a foam roller, massage ball to work out tension in your neck, shoulders, back, and legs. This can help improve circulation, ease tight muscles, and reset your nervous system.
- **Gua Sha** – Gently scraping the skin with a smooth stone tool to release tension, promote circulation, and encourage lymphatic drainage. The face is rich in nerves and acupressure points that are directly connected to different areas of the body and the nervous system.
- **Silence & Stillness** – Simply sit in silence—no screens, no distractions, just stillness. It may feel uncomfortable at first, but this type of deep rest can restore mental clarity and inner peace.



SMALL, SUSTAINABLE CHANGES TO IMPROVE YOUR DIET

I don't believe in diets. I've tried them all, and not one of them helped me truly lose weight, get fit, or feel healthier in a sustainable way. The problem with diets is that they ask you to change too much, too fast. And when you overhaul your eating habits overnight, it's almost impossible to stick with long-term. Motivation might carry you for a few days or weeks, but once it fades, you're left relying on pure self-discipline and that makes everything so much harder.

The smarter way to change your eating habits is to do it gradually, one small step at a time. My first step? I swapped sugary sodas like Coca-Cola for water. It took a couple of weeks to get used to, but once I did, I didn't miss them. Then I moved on to cutting sugar from my coffee, a change that took almost ten weeks to feel normal. After that, I replaced my cereal breakfast with an energizing green smoothie. Every time I conquered one small change, I felt good about it and that gave me the confidence to move on to the next step.

Little by little, over the course of a couple of years, I completely transformed how I eat. It wasn't forced, it wasn't painful, and it didn't feel like punishment. It was simply a slow, natural evolution that allowed my body and mind to truly adapt.

Instead of trying to change everything at once, pick one small shift at a time. Stick with it until it feels natural—then move on to the next!



IDEAS FOR SMARTER EATING HABITS

1. Swap Sugary Drinks for Water or Tea

- Replace soda, juice, or energy drinks with water or unsweetened tea once a day.
- Gradually cut back more until water becomes your go-to drink.
- Add fresh lemon, mint, or cucumber to your water for extra flavor.

2. Reduce Sugar in Coffee or Tea

- Cut your sugar intake from in half (if you use 2 teaspoons, reduce to 1, then to 0). Over time, your taste buds will adjust, and you won't even miss the sugar!
- Gradually transition to drinking coffee black. Perhaps add some unflavored collagen to support your skin, joints, gut health.

3. Drink More Green Tea

- Drink more Green tea; one of the healthiest beverages on the planet. Packed with powerful antioxidants, green tea supports brain function, metabolism, heart health, and longevity. Green tea is rich in polyphenols, a powerful antioxidant that protect your cells from damage and help fight inflammation, and L-theanine, an amino acid that promotes relaxation and focus. Choose high-quality organic tea. Drink 1–3 cups daily to experience its full health benefits.

4. Replace a Processed Breakfast with a Healthier Option

- Instead of: Sugary cereal, white toast, or pastries. Try try a green smoothie, scrambled eggs with avocado, Greek yogurt with nuts, Chia pudding or oatmeal with fruit.

5. Reduce Processed Foods Step by Step

- Replace one processed food a week with a whole-food alternative.
- Swap: Store-bought salad dressing → Olive oil & balsamic vinegar or homemade dressing.
- Swap: Flavored yogurt → Plain Greek yogurt with honey & berries.
- Swap: Candy bars → Dark chocolate, dates, dried fruit & nuts.
- Swap: White bread, white rice, and pasta with whole grain bread, brown rice, quinoa, or whole wheat pasta. Replace take-away with home cooked meals.



6. Choose The Right Kinds of Fats and Oils

- Not all fats are bad, in fact, healthy fats are essential for brain function, hormone balance, heart health, and glowing skin. The key is choosing the right kinds of fats and oils that nourish your body while avoiding processed, inflammatory options.
- Extra Virgin Olive Oil – Anti-inflammatory, heart-healthy, and rich in antioxidants. Best for salads, drizzling over dishes, and light cooking (low to medium heat).
- Avocado Oil – High in monounsaturated fats and vitamin E. Great for high-heat cooking, frying, roasting, or as a dressing.
- Coconut Oil – Contains MCTs (medium-chain triglycerides) for energy and metabolism support. Best for baking, stir-frying, or adding to smoothies.
- Ghee (Clarified Butter) – Rich in fat-soluble vitamins (A, D, E, K) and great for digestion. Ideal for high-heat cooking, frying, and sautéing.
- Grass-Fed Butter – A natural source of omega-3s, CLA (conjugated linoleic acid), and vitamin K2. Great for cooking, baking, or spreading on toast.
- Flaxseed Oil – High in omega-3 fatty acids, which support brain and heart health. Best for cold use in smoothies, dressings, or drizzled over foods.
- MCT Oil – A concentrated source of medium-chain triglycerides (from coconut oil) that provides quick energy. Great for blending into coffee, smoothies, or drizzling over food.



7. Planning & Food Prepping: The Secret to Eating Healthier with Ease

Food prepping was the final habit I introduced into my own health journey. After years of slowly changing one habit at a time, I realized it was time to get more organized and create a system that supported all my new lifestyle changes. Why? Because I noticed a pattern; whenever I was tired or life got busy, I made poor food choices. I reached for whatever was quick and convenient, even if it wasn't the healthiest option.

I knew that if I wanted to make healthy eating effortless, I had to set myself up for success. That's where planning and food prepping came in. By having nutritious meals and snacks ready to go, I eliminated decision fatigue and made it easy to choose health, no matter the situation. I also got creative with my fridge layout, styling it to look fresh, colorful, and inviting. It might sound silly, but opening my fridge and seeing vibrant, nourishing food beautifully arranged made me excited to eat well. And honestly? It worked wonders.

Here's Some of My Food Prepping Suggestions:

(Remember; only work with one new change at a time, so you don't get overwhelmed.)

- Plan your meals for the week to reduce last-minute unhealthy choices. When good food is ready to eat, choosing nourishment becomes second nature.
- Batch cook staples. Prepare proteins, grains, and roasted veggies so meals come together fast.
- Pre-chop fruits & veggies. Store them in containers for easy snacking or quick meal add-ins.
- Make grab-and-go options. Overnight oats, smoothie packs, Chia pudding, or boiled eggs make mornings and snack-time stress-free.
- Stock your kitchen with healthy basics. Having the right ingredients on hand makes it effortless to eat well.
- Make 1-2 homemade dressings, for delicious flavour.
- Put water on glass bottles, ready to grab and go.



YOU DON'T NEED TO GET IT PERFECT. YOU JUST NEED TO BEGIN

Take a deep breath. Right here, right now, you are exactly where you need to be. You don't need to have everything figured out. You don't need to get it perfect. You just need to begin. Not with force. Not with guilt. Not with the weight of all the times you've "tried and failed." But with self-kindness, curiosity, and trust. Because this journey isn't about fixing yourself. It's about caring for yourself, with love, with patience, and with the belief that small steps lead to big transformations.

What if, for today...

- You choose to believe that you have enough, and you are enough.
- You remind yourself that every moment is a chance to start over and trust yourself to take the next step.
- You decide that you are strong enough, wise enough, kind enough, and good enough to move forward in a way that feels right for you.
- You give yourself permission to speak up, show up, and be exactly who you want to be.
- You accept others as they are, and life as it is, releasing the need for control and embracing peace instead.
- And as the sun sets on today, you choose to believe that the little bits of progress you made were more than enough for one day.

And what if, tomorrow, you choose to believe it all over again?



TAKE ACTION: YOUR FIRST GENTLE STEP

It's easy to feel inspired, but true transformation happens when you take action.

Don't slip into overwhelm. Instead, choose just one thing from this guide, the step that inspired you most and start there.

💡 What will you choose?

- ♥ A daily walk?
- ♥ Swapping your soda for water?
- ♥ A simple five-minute meditation?
- ♥ Preparing your fridge with nourishing food?
- ♥ Giving yourself permission to rest, breathe, and reset?

If you're unsure where to start, begin by listening to **The Morning Pep Talk**—before you do anything else. It will set the tone for your day, help you move forward with the right mindset, and give you all the encouragement and motivation you need to take your next step with confidence. This is your gentle jumpstart. **Make it a journey of self-care, self-compassion and self-nourishment.** A fresh beginning, without pressure. A quiet, steady belief that you are already on your way.



CONTINUE YOUR JOURNEY WITH ME

If you're ready to go deeper into transformation and want more guidance, structure, and support, I invite you to explore my courses and programs designed to help you build sustainable habits, boost your well-being, and step into your full creative and professional potential.

✨ Want to reignite your creativity & master photography?

Check out **The Lifestyle Photography Academy**, a program designed to help you unleash your creative vision, capture stunning images, and build confidence in your artistic expression. Whether you're a beginner or an experienced photographer, this course will help you refine your skills and create work that truly inspires you.

✨ Want to build a thriving creative business & optimize your life?

Explore **Optimize Your Creative Life**, my signature program for solo entrepreneurs, creatives, and business owners who want to design a life and business that fuels their passion without burnout. Learn how to balance creativity with productivity, grow your income, and create a sustainable workflow that supports your well-being.

♥ Explore my courses on my website & start your next step today:

<https://christinagreve.simplero.com/online-courses>

Your transformation is already in motion. I can't wait to support you on your journey!

With love, Christina Greve

*It's never too late to
rewrite your future
rebuild yourself and
realign with your true
purpose.*





LISTEN TO THE **EMPOWERED
CREATIVE PODCAST** ON SPOTIFY,
ITUNES OR YOUR FAVORITE
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