



Marvelous Mornings

YOUR DAILY GUIDE

BY KRYSTA MARAVILLA

Hello, hello!

I'm Krysta Maravilla—a fantasy author, wanderer, coach, and eternal optimist. Before we embark on crafting marvelous mornings to set you up for well-being and productivity, let me share a small nugget of myself with you.

“Maravilla” is one of my given names, and it translates to marvelous. Despite that, it’s taken me decades to realize and embrace the marvel of who I am. Now that I have, it’s become one of my missions to inspire others to accept their

marvelousness so they can live and thrive in a life that fully aligns with their deepest values and dreams.

When it comes to morning routines, please remember everyone is unique and has their biorhythms—therefore use discernment and experimentation as you play with what works best for your needs.

Let's dive and harness your marvelousness.



Stay Marvelous

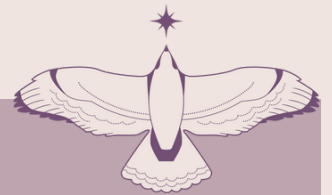
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Welcome to "**Mindfully Marvelous Mornings**," where I believe that the way you start your day can profoundly impact your overall productivity, happiness, and well-being.

This guide is designed to help you establish a morning routine that energizes, inspires, and prepares you for a successful day ahead and is based off my own routine.

Get Up Early

I have discovered, my best waking time is between 5-5:30 am in the morning. It allows me to get up, brush my teeth, make my bed, grab my cup of tea or coffee while snuggling into a couch, and enjoy the particular flavor of silence a 5 am wake holds. Then, I grab my morning pages journal and, hot cup of choice cradled to me, begin to write.

Why It Matters

Rising early brings with it a sensation of space in your morning to take care of yourself and start your day in alignment with how you want to feel, and where you'd like the day to go.

How to Implement

Start by setting your alarm 15-30 minutes earlier than usual. Begin by using this extra time for a calm and unrushed start to your day, implementing one of the below habits into your routine. I prefer to wake

up with a sunrise alarm clock, as the light helps wake me in a way that alarms, which I still have many alarms set, don't. I also have an affirmation alarm that I wake up too as well. Play around with ways to start your morning, find what works best for you.





Morning Pages

I am a religious morning pages writer. I started in 2017 and, other than a few periods of travel or company that interrupted the flow, have written practically every morning. I am a die-hard fan. I use my morning pages to dump what's in my head out. I use it to write my intentions for the day. My goals. My gratitudes. I work with money mindset beliefs, worries, and fears. I ask questions. I dream big. I brainstorm ideas for my books and projects. Each morning brings with it different needs and I write to those.

Morning pages release my fears, thoughts, and give me space to craft a new me, a new future, and a beautiful day.

What Are They

Morning pages are a stream-of-consciousness writing exercise done first thing in the morning.

Benefits

They clear your mind, provide clarity and focus, and capture creative ideas.

Tip: Have your dedicated morning pages journal and start small by writing a page, or a paragraph.

I started doing morning pages after reading *The Artist's Way* by Julia Cameron. If you haven't read her book, I suggest adding it to your reading list.

Meditation

I am one of those people where meditation had a profound impact on my life, but it wasn't the typical meditation. It was doing hot, power yoga, where I was taught to stare at one point, focus on my breath, move my body to the cues, or sit in child pose and breath. This type of meditation cleared my mind in a way stillness couldn't—wouldn't have—and it connected me to my body as well.

Through the years I have investigated different avenues of meditation and body movement, and what I have to say is, find what works for you. The typical, sitting still might not be it, or it might not be it for you right now. Moving meditations are just as powerful.



Why It Matters

Meditation reduces stress, reduces inflammation and pain, improves concentration, grounds you and connects you to yourself.

A Simple Meditation Practice

Spend 5-10 minutes in meditation. Focus on your breath or use a guided meditation app. Meditation is a tool that's benefits can easily be overlooked or disregarded in the beginning, but once you establish a daily practice something within you changes. Settles. Connects. Expands.

Tip:

Start with 1-3 minute guided meditations on Youtube, or apps such as Waking Up, Calm, Insight Timer. Work your way up to 5-10 minutes.

Spiritual Protection

We are all sensitive to things we do not see—and, my friends, there is a lot we don't see or comprehend. Don't believe me? [NPR](#) stated, "The human brain can process 11 million bits of information every second. But our conscious minds can handle only 40 to 50 bits of information a second." Take a moment to think about that.

I'm not here to say that there are invisible spirit forces we can't see (though I am not saying there aren't either because I don't know), I am here to say that as an empath, shielding and practicing cord-cutting daily have helped me, and it could help you too.

Why It's Important

Spiritual practices ground and protect you emotionally and mentally.

A Simple Spiritual Practice

Envision a protective light or energy around, shielding you, as you prepare for the day.

Tip:

Give this a try while you are showering, going to the bathroom when you wake, incorporate it into your morning meditation practice. The longer you do it, the faster the process will flow.





Exercise

I need to exercise daily, otherwise I get grumpy, irritable, whiny and no one, especially me, wants that. Then there is the physical effects of my body hurting, I literally feel my muscles atrophying, its ridiculous. Yet, I am grateful because it's my body telling me what it needs and I listen.

Benefits

Morning exercise boosts your energy levels, improves your mood, and enhances your mental clarity.

Types of Exercise

This can be as simple as stretching, yoga, a brisk walk, or a full sweat-fest workout session. Let your body guide you with what it needs.

Tip:

Choose an activity you enjoy and start small. If you like watching TV, then when starting, or in between episodes or during bathroom breaks, get up and walk in place for 1 minute. Repeat often.

Read or Write

Craft into your day reading a book to learn, expand, or continue the momentum of keeping you on track in your journey. I happen to listen to audiobooks while I run or walk, blending the two activities.

Benefits

When you read in the morning it helps stimulate your mind, expand your knowledge base, and boost your vocabulary. It also progresses you in your goals, builds your confidence, and if you are reading motivational or inspirational works, helps improve your mood.

Grow Your Mind

Read a paragraph, page, or chapter in a book, preferably a book you are learning something from.

Write Your Story

Whether it's your life journey, a self-development book, or a story that is begging to be told to the world, set a goal to write 250 words (at minimum) every morning.

Tip:

Whether you are reading or writing, its committing to doing it. Then, do it. Consistency is the key.



Consistency: The Key to a Transformative Morning Routine

Why Consistency Matters

Consistency is the cornerstone of any successful routine. It's not just about what you do in your mornings; it's about making these practices a regular part of your life.

When you're consistent:

- **Habits Form:** Over time, these morning activities will become automatic, forming habits that set the tone for your day.
- **Results Amplify:** The benefits of each activity compound over time, leading to significant improvements in your mental, physical, and emotional well-being.
- **Resilience Builds:** Consistency helps you develop resilience. Even on challenging days, your routine can provide a sense of normalcy, control, and confidence in yourself and your abilities.

Tips for Building Consistency:

- **Start Small:** Begin with one or two elements of the routine and gradually add more.
- **Be Realistic:** Set achievable goals. If you're not an early riser, don't start with a 5 AM wake-up, start 10-15 minutes before your normal alarm goes off.
- **Track Your Progress:** Use a journal or an app to keep track of your routine and how you feel. This helps in building accountability, motivation, and data-driven results.
- **Adjust as Needed:** Your routine should fit into your life comfortably, don't be too rigid that the routine loses what it's supposed to do; help you craft a Mindfully Marvelous Morning. Don't hesitate to tweak it as your circumstances change.
- **Forgive Slip-ups:** Missed a day? That's okay. Consistency is about the overall pattern, not perfection. Just pick up where you left off.

Ready to Transform Your Life Beyond Mornings?

If you find that changing your life and daily routines is more challenging than expected, it's time to explore a deeper aspect of transformation: Your Mindset.

Mindset Mentoring can help you break through the mental barriers holding you back.

Working with me will empower you to:

- Overcome limiting beliefs.
- Cultivate a positive and growth-oriented mindset.
- Embrace change and challenges with confidence.

Don't let your journey end with your morning routine, or an inconsistent morning routine.

Take the next step toward uncovering what's holding you still and live a more fulfilling life. Ready for a transformation that goes beyond the morning?

Contact me to learn more about Mindset Mentoring and start your journey to a truly mindfully marvelous life.

[CLICK HERE TO LEARN MORE](#)

Stay Marvelous,

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