

Assignment - How to Mindfully Navigate Your Cravings

1. Acknowledge the craving.

2. Explore the root cause with curiosity (not judgment).

a. Is this craving occurring alongside a particular emotion or physical feeling?

b. Is this craving for a highly palatable food?

c. Is this craving tied to a habit?

d. Is this craving guiding me toward a food that would support my health or well-being?

3. Proceed with empowerment.

