

RECAP:

5 Days to Crave with Purpose



Craving ≠ Hunger

Drink a glass of water and listen to your body. Is it just thirst or true hunger?



Wait & Watch

Pause for 10 minutes. Are you breathing or bolting to the fridge? A break gives you clarity.

Emotional Cravings

Feelling bored, stressed or lonely?
Food doesn't solve emotions, it soothes them.



Curiosity, not Criticisin

Be a detective, not a judge. Why do you crave, and what are you truly missing?

Gentle Choices

You can choose what you eat, but also how you speak to yourself. One snack doesn't define you.



Remember. Cravings are not the enemy. They're information. Listen kindly..

Which day was most challenging? Why?
