

CRAVING THAT?

Try This



CRAVING *THAT?* TRY *THIS!*

If you're craving . . .

What your body is REALLY trying to tell you . . .



Try this



The cookies/candy/coffee in the middle of the day for a pick-me-up.

She (your body) is seeking excitement, fun or something new! She's bored!

Close your office door, or put some headphones in and rock out to your favorite song to dance to. Ask yourself, "How can I create some fun right now?" Get creative!

Sitting on the couch all night staring at a screen, most likely mindlessly eating.

She's feeling lethargic or could be feeling sad.

Get some blood moving. Try gentle, loving movement like restorative yoga, pilates, a soul stroll or stretching. Just 10 minutes count! And if you feel the urge to cry DO IT -- HARD!

Eating ALL.THE.THINGS on the buffet table while at a party.

She's feeling nervous and self-conscious.

Use that extra energy to your advantage and light up the party! Roll your shoulders back, make eye contact and SMILE! Remind yourself that you (and your body) are enough and rock the s*it out of this party, sister!

Swinging by the drive-through after work.

She's feeling anxious or stressed.

Turn up the music and sing LOUD to release the extra energy. Or if that doesn't feel right, turn on some yoga music and take deep belly breaths all the way home.

Something salty, or sweet or BOTH as a reward after a long hard day.

She's feeling stressed ready for a major release (aka "reward").

Reward yourself self-lovingly. Lie on the floor and take 30 nourishing deep breaths, take a bath, dance like a crazy lady in the living room, or just have a good cry.

And if you try any of these things and you STILL want the food -- Be a **Food LOVER** (watch [this short video](#) below for an explanation)



My Video Notes:

CRAVING *THAT?* TRY *THIS!*

If you're craving . . . How your mind (aka Helga) is working against your body... ↓ *Try this* ↓

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| <p>Skipping breakfast.</p> | <p>She (Helga) convinced you that you don't have time (and that you're saving calories)</p> | <p>Take a deep breath and remind yourself how clear-headed and energized you feel if you eat breakfast. Even if it's just a little! Then, grab a piece of fruit and be on your way.</p> |
| <p>Staying up late on your phone resulting in a crappy morning.</p> | <p>She's nowhere to be found. Your mind is trapped in the screen and has gone blank. You're so lost in it you can't even sense how tired you really are.</p> | <p>Set an alarm in your phone 1 hour before your ideal bedtime, and make the alarm say this, <i>"Shutting off the screen now means a great night's sleep resulting in a highly productive and confident day!"</i></p> |
| <p>A quick (not-so-healthy) dinner because you're feeling too lazy to "make something healthy."</p> | <p>Say Hello to "Victim Helga." She's dramatic and plays the victim often. <i>"I HAVE TO work soooo many hours that I don't have time for ANYTHING good in my life!"</i></p> | <p>EMPOWER yourself, sister! This is a load! Feeling good doesn't have to do with time, it has to do with your MINDSET #insidejob. Hand on heart, <i>"I got this!"</i> Then google, "quick healthy meals with [enter any ingredients in your fridge]"</p> |
| <p>Skipping your workout.</p> | <p>Excuse city. If there's an excuse out there – Helga will find them right now. You name it, it's an excuse.</p> | <p>Remind yourself how GOOD you feel after you move; Renewed energy, mental clarity, and confidence. Then, just move in any way for 10 minutes. Dance in the living room, go for a walk or do a workout. You deserve to feel good.</p> |
| <p>Doing the same thing you do every weekend – which usually isn't the most self-loving.</p> | <p>She's making you think no one wants to hang out with you, and that it's too scary meeting new people or doing new things.</p> | <p>Close your eyes and imagine what it'd be like to have friends who LIGHT UP YOUR SOUL. Who you feel completely safe around and laugh until you pee your pants. Then get online google some Meet Up's in your area, feel the belly butterflies and GOOOO!</p> |

Self-Sabotaging Behavior

Wildly Alive Behavior

And if you try any of these things and you STILL to partake in the self-sabotaging behavior -- Take A Stand Against Helga. (watch [this short video](#) below for an explanation)



My Video Notes: