

# CRAVINGS BOSS

THE REAL REASON YOU CRAVE  
FOOD AND A 5-STEP PLAN  
TO TAKE BACK CONTROL

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# CRAVINGS ACTION ID WORKSHEET

## 1. Affirmations

Pick several statements that might help you avoid giving into cravings:

My health is more important to me than . . . [ice cream, chips, etc.]

I will make smart decisions today.

Other:

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## 2. Distractions

Pick an activity that will shift the focus off your craving:

Listen to music

Garden

Write in your journal

Go for a walk/run

Call or text a friend or supporter

Do a breathing exercise

Other:

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NATALIA LEVEY IS A PROFESSIONAL CHEF, CERTIFIED HEALTH & NUTRITION COACH AND AUTHOR OF "CRAVINGS BOSS." SHE EDUCATES PEOPLE WORLDWIDE ABOUT HOW TO MAKE BEHAVIORAL CHANGES RESULTING IN IMPROVED NUTRITION AND BETTER ENERGY. NATALIA IS THE FOUNDER OF HEALTHY INTENT [WWW.HEALTHYINTENT.COM](http://WWW.HEALTHYINTENT.COM) IN HER FREE TIME SHE INDULGES HER SECRET ADDICTION TO GRAPHICS THROUGH AN ONLINE MAGAZINE - HEALTHY INTENT {SEASONAL HEALTHY INSPIRATIONS}.

NATALIA HAS RECEIVED HER CULINARY TRAINING AT THE ART INSTITUTE OF NEW YORK CITY AND IS A GRADUATE OF THE INSTITUTE FOR INTEGRATIVE NUTRITION (IIN). SHE ALSO RECEIVED HER CERTIFICATION AS A NUTRITIONAL CONSULTANT FROM THE AMERICAN ASSOCIATION OF NUTRITIONAL CONSULTANTS.

NATALIA LIVES IN FLORIDA, AND LOVES GETTING CREATIVE IN THE KITCHEN FOR HER FAMILY AND FRIENDS, WHILE HER DOG IS RUNNING UNDER EVERYONE'S FEET. SHE'S AN AVID GYM GOER, WORLD TRAVELER AND ORGANIZER.

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