

## Craving control strategies

The top tips I will use to beat my cravings:

<b>How will I distract myself</b>	
<b>My motivation booster/s are</b>	
<b>How I will be active</b>	
<b>How I will de-stress</b>	
<b>I will use all my senses by</b>	
<b>Who, and how, I will ask for help</b>	

If you're still having difficulty managing your cravings, look back at your reasons for quitting.