



Conquer Your Cravings – Pocket Cards

These pocket cards are designed to support you in the moment when cravings or self-talk show up. You can print them, save them to your phone, or keep one nearby for quick support.

Printing Instructions

Printing & Use Instructions

- Each pocket card includes a front and back and is spread across two consecutive pages.
- Use the legend on the next page to locate the pages needed for the card you'd like to print.

For best results:

- Print on card stock.
- Print double-sided (flip on the short edge).
- Cut along the dotted lines to separate the cards.
- You may also trim around the card edges if you prefer rounded corners.

Pocket Card Sizing Options:

- These cards are designed to print from standard 8.5 × 11 pages and can be scaled to the size that works best for you.
- Smaller cards work well for quick pauses and reminders, while larger cards allow more space for writing and reflection.

Prefer digital?

- Save the PDF to your phone and scroll to the card you need, anytime.



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Pocket Card Guide



Each listing shows the front and back pages for each card.

Pocket Card	Page Number	Suggested Size
Pause Practice Card	3 - 4	2.5 x 3.5 (wallet size)
Craving Log Card	3 - 4	2.5 x 3.5 or 3 x 5
Double-sided Card: Pause Practice Card + Craving Log Card	5 - 6	2.5 x 3.5 (wallet size)
Healthy Options Cheat Sheet (2 cards)	7 - 8	3 x 5 or 4 x 6
Mindful Reframe Card (2 cards)	9 - 10	



Suggested sizes are just a guide.

Choose what works best for you.



As you learn more about your cravings, the pocket card that feels most supportive may shift over time. If you'd like a simple place to begin, the double-sided Pause Practice + Craving Log card combines two gentle practices you can return to anytime.

Choose the size that feels most supportive for how you plan to use each card.



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The Pause Practice

A quick reset anytime cravings or stress arise

Step 1 – Pause

Take one slow, conscious breath.

Notice what's happening — without judgment.

Step 2 – Breathe

Inhale through your heart area for 5 seconds,
exhale through your heart area for 5 seconds.

Repeat 3–4 times.

Step 3 – Name

Ask:

What am I feeling right now?

What do I really need?

Step 4 – Choose

Take one small, mindful step before eating.

(Maybe stretch, sip water, or breathe again.)

(bottom, centered in small text)



Use this pause to reconnect before reacting.

Craving Check-In Log

Awareness brings choice — track one moment at a time.

What's happening right now?

(e.g., "Just finished work, feeling tense.")

What am I feeling / needing?

(e.g., "Tired, need a break.")

What am I telling myself?

(e.g., "A treat will help me relax.")

What did I choose?

(e.g., "Went for a short walk, then had chocolate mindfully.")

How did I feel afterward?

(e.g., "Relaxed, satisfied, not guilty.")

What do I want to remember next time?

(e.g., "Movement helps. I don't always need food first.")



Awareness turns repetition into insight.



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Pause. Breathe.
Choose with awareness.

Gentle awareness creates powerful change

Conquer Your Cravings | karenpittwellness.com

Pause. Notice.
Name the Need.

Curiosity, not judgment, leads to lasting change

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Healthy Options Cheat Sheet

Build your balanced snack.

Healthy Fats

My Favourite Combos

Fiber

Protein

 Use Fat + Fiber + Protein to feel fuller, longer.

Healthy Options Cheat Sheet

Take your favourite food swaps on-the-go!

What are you craving?

My Personal Craving Swaps

Sweet

Salty/Crunchy

Energy Boost

Comfort/Warm

Aim for colour → more variety = more nutrients



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Salty/Crunchy

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Energy Boost

Comfort/Warm

Aim for colour → more variety = more nutrients

Healthy Options Cheat Sheet

Choose 1 food from each category of your favourite foods.

Healthy Fats

Fiber

Protein

My Favourite Combos

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... Mindful Re-frame Card

Based on the Self-Talk Reframe + Reset Worksheet

Ask yourself:

- Is this always true? **Yes** ☐ **No** ☐
- Has there been a time when I did succeed?
- What do I want to believe or experience instead?

Reconsider your goal(s) for managing cravings:

The best part of achieving my goal is...

When I reach this goal, I will feel...

I'll celebrate by...

Reframe your negative thought: Write one short, supportive thought or belief you can call on in the moment.

My New supportive thought or belief:

... Mindful Reframe Card

My Top 3 Go-To Reframes

Reframe → Reset → Act My Next Step:



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Mindful Reframe Card

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