

## IDEAS TO REPLACE CIGARETTE SMOKING

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You have decided to quit smoking – Congratulations! To help you along the way I have found that having something to replace the cigarette with is always helpful. To do this we look at the 7 Areas of Our Lives as recommended with Neuro Linguistic Programming (NLP).

What I would like you to do is **write down some ideas of what YOU could do to take your mind off smoking if and when you may get an urge to have a cigarette.** I will provide some suggestions however this is your life and no doubt you will have different ideas to other people as everyone is different. **However if there are any actions listed here that you feel would help you then please underline them.**

### SEVEN AREAS OF LIFE

**Fitness or Health** Run with energy, stay beautiful through eating, exercise and lots of water.

When you feel the urge, take a walk and breathe in the fresh air. Remind yourself of why you became a non-smoker. Join a gym; I usually have stalks of celery in the fridge so I grab one of these; go for a walk around the yard or down the street; trampoline; have a drink of cold water; take a handful of healthy nuts.  
*Now you try -*

**Family** – reflect on the reason for being a non-smoker – was it because of the family? Spend time with family; phone a relative and communicate; encourage child/ren to achieve their own path of full potential; help children to expand their opportunities; plan a holiday

*Now you try -*

**Friends or Social** – Appoint a friend willing to walk this journey with you and phone this friend; lead or command others to a worthy cause eg. organise a rock concert; maintain public image and show others you are a non smoker; have a sense that others care about you.

*Now you try -*

**Faith or Spiritual** – reflection by going inside yourself and listen to your inner voice and see your inner vision; inspiration by feeling a sense of meaningful purpose; personal responsibility and rising above that need; see yourself as a non-smoker laughing and enjoying life; express gratitude for who you are and what you have.

*Now you try -*

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**Finance** – appreciating the importance of money and valuing what it offers humanity; Searching for creative ways to and means to serve and make money – your mind is becoming clearer breathing fresh air; Making deals, creative financial negotiations and shopping for bargains; looking at ways to save money and invest wisely; balance emotions to more effectively and consistently manage money; preserve wealth.

*Now you try -*

**Formal/Informal education (personal development)** – choose your own goals, doing what you love and actualizing your own career dreams as a non smoker; Pick up an educational book that will improve your mental knowledge and attitude; research the personal development courses available to you for free. There are numerous ways to expand your knowledge including seminars; webinars; video and CDs preferably in areas where there is no smoking.

*Now you try -*

**Fun** – plan your future especially weekends with friends; visit the museum, art gallery, Boondall wetlands; take a bus or train ride and show gratitude for all that is available especially at such low cost; enjoy music and go to free concerts' take the children to the park and breathe in fresh clean air

*Now you try -*