

Life Coach to Quit Smoking

Pre Session Action Plan

To assist with your journey in life as a non-smoker, we recommend that you make the following preparations prior to attending your Quit Cigarettes in 60 Minutes appointment.

- Remove all cigarettes, ashtrays and lighters from your home, shed, car or office.
- This link will show you how much money you are spending on your cigarettes now – how much it is costing you a year. <http://lifecoachtoquitsmoking.com/cost-calculator/>
- Here is a link to show you how much you would have spent on cigarettes from now into old age, had you not quit through attending your Quit Cigarettes in 60 Minutes appointment. Save this link as well, as an icon on your desktop <http://www.quit.org.au/reasons-to-quit/cost-of-smoking>
- Ensure you have a small stockpile of fruit for the first few days, as this helps flush nicotine out of your system and also helps stabilise your sugar levels after you quit.
- Listen to the Introduction and the Relaxation Stress Reduction Hypnosis audios on the website <http://lifecoachtoquitsmoking.com/listen-to-this-audio/> so you are informed about the hypnosis process and are prepared for your session. Alternatively download the audio from the Dropbox to your phone or iPad.
- Cigarettes act as a laxative, so you may become constipated after quitting. Therefore, have some natural remedies on hand and keep up your fibre intake to help you through this temporary period of potential irregularity.
- Clean and deodorise your car (if you currently smoke in your car)
- For those whose breakfast consists of a coffee and a cigarette, you will find yourself wanting to eat a healthy breakfast after your hypnosis session. Therefore, consider what you might like to eat and ensure that you have the provisions to support this positive lifestyle change.
- Have a good supply of water bottles (eg. at home, in the car, on your desk at work, etc.)
- Have a good supply of healthy snacks especially high protein, as you will be fairly hungry for a few days after your session. So be prepared especially if you do not want to gain weight.
- If you have an outdoor smoking area, clean and deodorise it. If you don't have pot plants, then consider buying yourself a plant as a symbol of the "fresh air" you will soon be breathing. If you have children, get them involved and ask them to choose your "special fresh air breathing plant". If you have other smokers at home, designate a different smoking area for them if possible.
- Ensure you have a good night's sleep the night before your session.
- Using your imagination, imagine how it is going to be for you as a non smoker. Think about the wonderful experiences you can have as a non smoker.