

## IDEAS TO REPLACE CIGARETTE SMOKING

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NAME:

DATE:

You have decided to quit smoking – Congratulations! To help you along the way, I have found that having other alternative activities in the initial stages is always helpful. To do this we look at the 7 Areas of our Life as recommended with Neuro Linguistic Programming (NLP).

I have provided you with some suggestions, however this is your life and no doubt you will have different ideas to other people as everyone is different. In each area we have provided you with some **ideas**. **You may find that one of two of these may be helpful for you. If so Add them into the box.**

### 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 –*

List some ideas you could use as a non-smoker relating to fitness and health.

**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 -*

List some ideas you could use as a non-smoker relating to Family

**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 -*

List some ideas you could use as a non-smoker relating to Friends and Social

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**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 -*

List some ideas you could use as a non-smoker relating to Faith or Spiritual

**Finance** – appreciating the importance of money and valuating 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 -*

List some ideas you could use as a non-smoker relating to Finance

**Education or 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 -*

List some ideas you could use as a non-smoker relating to Education or Personal Development

**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 -*

List some ideas you could use as a non-smoker relating to Family