

Butt Out For Life

Your 'Butt Out for Life' Preparation Sheet

Congratulations! You are now on your way to becoming a Non-Smoker.

Please fill out the questions below and take your time to really think about each question. Use another page if needed. The more you write, the better.

Step 1 - Getting leverage:

What will the consequences be if you **do not** stop for life?

To your health: _____

Finances: _____

Family: _____

Relationships: _____

Socially: _____

Confidence: _____

Other: _____

What will the consequences be if you **do** stop 4 life?

To your health: _____

- What will that mean?

- How will that feel?

To your finances: _____

- What will that mean?

- How will that feel?

To your family: _____

- What will that mean?

- How will that feel?

To your relationships: _____

- What will that mean?

- How will that feel?

Socially:

- What will that mean?

- How will that feel?

To your confidence: _____

- What will that mean?

- How will that feel?

Other:

- What will that mean?

- How will that feel?

What do you like about yourself?

What was a positive, powerful time in your life?

What life stage are you going through now?

In what area of your life do you have strong standards?

Step 2 - Interrupting Patterns:

What fears do you have when you think about, not having cigarettes in your life?

What are the trigger times and places?

What habitual words do you use. e.g., need them, ciggies, trying to stop, I am missing out?

What excuses do you have? e.g. I'll get fat, I need them to cope, I'll get upset?

Step 3 - Conditioning the Non-Smoker:

Pick your 3 top values:

Love	Health	Fun	Freedom
Respect	Achievement	Challenges	Closeness
Security	Structure	Responsibility	Connection
Growth	Action	Wealth	Change
Pride	Independence		

Other: _____

As a successful NS what will it be like at home, work, socially, family, relationships?

What does it mean to be a NS?

I look forward to helping you achieve your goals.

Kind regards

Míchael Tcherne