



Quit Smoking

Essentials Package

INSTRUCTIONS

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QUIT SMOKING ESSENTIALS PACK

Welcome to this life-changing journey with Clear Minds Hypnotherapy.

The Quit Smoking Essentials package is designed for you to overcome cravings and triggers to help you stop smoking. You can use the program to stop completely or you can listen and gradually cut down.

There are hypnotherapy sessions and guided meditations included, as well as an emergency 'I am a NON SMOKER Trigger Session.'

See also, The Quit Smoking Journal, which will help you focus and keep track of your progress.

Listen to the sessions in the correct order to get the best results from this 4 week program.

You can create your own personalised plan after week 4 and listen to your favourite or most helpful sessions.

This is your personal journey, best of luck!

Quit Smoking Sessions and Weekly Plan

WEEKLY PLAN	SESSION 1	SESSION 2	GUIDED MEDITATION
WEEK 1	QUIT SMOKING FOR GOOD	DEEP RELAXATION	BOOSTING RESILIENCE
WEEK 2	STRESS REDUCTION	QUIT SMOKING IN YOUR SLEEP	VISUALISATIONS MEDITATION
WEEK 3	I WILL QUIT SMOKING THIS YEAR	MAKE HEALTHIER CHOICES	BOOSTING RESILIENCE
WEEK 4	LISTEN TO EACH SESSION ONCE	LISTEN TO EACH SESSION ONCE	VISUALISATIONS MEDITATION

There are two hypnotherapy sessions to listen to each week. Listen to both hypnotherapy sessions every day or night - for seven consecutive days. You can play one after another or space them out and listen to them at different times of the day.

If you're limited for time - Listen to one session a day. Choose one and listen for four days and the other for three.

Listen to the guided meditations in the morning and use the emergency 5 min 'I'm a NON SMOKER' trigger session when you get cravings and need your mind distracting.

From week 4 onwards you can choose your own preferred sessions and make a personalised plan that suits you.

Print and fill out the Quit Smoking Journal. Also, make a smoke by hour chart to record and keep track of your daily smoking.

A note to myself

Instructions: Write down all reasons why you want to change and remind yourself why you made that decision. Read this each time you feel you have a moment of weakness.



Note below the time and date you decided you are a "BETTER VERSION OF YOURSELF"



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If you want more resources to help you live your best life, check out our website or follow us on Facebook.

Website:

www.clearmindshypnotherapy.com

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You can contact us via email at
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The Clear Minds Hypnotherapy Team



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