



Complete after listening to Day 7 audio

A Letter to the Future Me

Dear Future Me, I am so proud that you... _____



Put a reminder on your calendar one year from now, and save this letter in an easy-to-find place, or put it in an email and schedule it to send to yourself in a year.

'I am committed to staying smoke-free for life.'

"I believe in myself and my ability to succeed. I am strong, capable, and smoke-free."

"I trust myself to make the best choices for my health and happiness. I am unstoppable in my journey to freedom."

'I am a lifelong non-smoker, free from the need for cigarettes.'





STOP SMOKING

A guided self-hypnosis journey



DAY 7 FUTURE 2

Reflection and Future Planning

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Day 7 is the culmination of your journey. It focuses on 'future-pacing' - mentally living in a future where you are healthy and free - and finalizes your identity as a permanent non-smoker.

The 'Smoke-Free' Identity

1. How has your sense of self-worth changed since you stopped being dependent on a cigarettes?

2. What is the best thing about no longer having to worry about smoking?

3. What is your ongoing self-care plan to stay successful?

Day 7 Affirmations

'I am committed to staying smoke-free for life.'

'I believe in myself and my ability to succeed. I am strong, capable, and smoke-free.'

'I trust myself to make the best choices for my health and happiness. I am unstoppable in my journey to freedom.'

'I am a lifelong non-smoker, free from the need for cigarettes.'

