



## Positive Affirmations for Successful Smoke Cessation

REMEMBER – Hypnosis is not a magic pill – ultimately,  
YOU are responsible for your own outcome!

So ... be sure to review these affirmations daily!

**I am a non-smoker and I feel wonderful!**

**I persist and I succeed**

**Smoking has stopped working for me.**

**It is NEVER a good time to smoke!**

**It is ALWAYS a good time to quit!**

I've made a very wise decision ... this is a very important step I've taken ...  
one that is going to bring me many rewards.

**I already am a non-smoker** – there was a time when I didn't smoke – I am merely releasing the non-smoker within me – I am finding that part of myself again – a part of me that was lost.

**Imagine ... Visualize ...** You ARE a non-smoker – You have successfully reached your goal!  
*How do you look? How do you feel? What are you wearing? How do you stand, walk and talk?*  
Notice the new feeling of total freedom from the tyranny of smoking.

**Imagine ... Visualize** the **benefits** you've achieved ... **NOTICE:** Do you feel stronger? Breathe easier?  
Exercise longer? Walk or climb stairs without shortness of breath? Do your clothes smell better? How  
much money are you saving? And see your family and friends, who are so happy for you ... and, no  
longer worried or concerned.

**I RESPECT and PROTECT my body ... I want to LIVE my life to its FULLEST.**

**I no longer puff away the good life:**

**I OWN the habit ... the habit doesn't own me!**

**There is ALWAYS something better to do than smoke!**

**All of these suggestions have been strongly implanted in my subconscious through hypnosis.**  
They are a part of me now, and will remain with me for as long as they are useful to me. In fact, **with every breath that I take, with every beat of my heart, these suggestions are growing stronger and stronger, and are becoming my new habits for health.**