



# Kick Smoking in the BUTT

Easy 5 Steps to Stop Smoking





Congratulations on taking the first step towards being a permanent non smoker.  
Good on you!!!!

You're receiving this because you requested 'Kick smoking in the Butt' Easy 5 Steps to Quit Smoking.

We all know the reasons we should stop smoking...right? And if you're like most people you're sick of hearing about it. But quitting can seem just so damn hard, you really don't even want to think about that either...am I right?

If that sounds like you, then I'm really excited that you have requested this guide, because I can't wait to share this stuff with you.

I have been busy speaking with my clients about what has worked for them to quit smoking and that's why I came up with the guide, so I can help more people, just like you to be **free of smoking for good!!!!**

If you're like most of my clients you've tried to quit before but you feel frustrated at not being able to do it on your own? Or maybe you've tried every pill, patch, gum and even cold turkey without success.

## **Does it just seem all too hard?**

**Well, let me tell you that it does not have to be that way!**

I'm Helen Hart, Clinical Hypnotherapist and Relaxation Coach. I use easy and proven ways to help you successfully stop smoking without cravings, mood swings or weight gain. I know I can help you to kick smoking in the butt!!!!

If you are really ready to that is.

Success starts with a plan, so here's your 5 Step Plan.

Print this plan off and take 10 minutes. How quick and easy is that?!

This will give you some real clarity around why you really want to quit:  
The biggest challenges people face are:

- understanding what motivates you
- staying committed and accountable
- Fear!!!!



## Let me tell you, Fear is a liar!

I know that knowing that doesn't really help... but it is one of the biggest obstacles to have to overcome in order to kick smoking in the butt for good.

That fear comes from your subconscious mind where you've been making positive associations between smoking and the pleasurable activities in your life. Maybe it's having a drink, time out, relaxation or even as a reward. To your subconscious, these pleasurable activities and smoking are one and the same thing... but you are clever enough to know they are not.

### So what do you do to overcome fear?

That's where I come in. Through a relaxing and enjoyable hypnotherapy session, we can help you win the battle of what is going on in your mind. We can take away that need or desire to smoke and all the perceived rewards of smoking and replace them with a whole load of stuff that is way, WAY BETTER.

The reason that other forms of quit smoking are so tricky is because they will NEVER provide you with a way to overcome your subconscious fear!

Hypnosis is AWESOME. It gets a bad rap sometimes but it is an enjoyable experience. Despite what you think you see on the TV or stage shows, you are in **complete control at all times**. Your mind is your moral centre and you cannot be made to do anything against your will.

Hypnosis is a state of being totally in the present moment, yet also having a pleasant sense of detachment. In most cases, your mind will drift wherever it wishes. We are all hypnotised at different times of the day without even being aware of it. Consider when you drive to work or to the shop. Have you ever arrived there not quite sure how you got there? Or, ever read a book and turned the page only to think, 'Golly, I didn't read any of that, my mind was elsewhere'? This is when our mind goes into a trance state called **hypnosis**. So as you can see, it is an easily, naturally achieved state that we are all familiar with.

## So what are you waiting for? Take the first easy step...



## Kick Smoking in the Butt in 5 Steps

Print this off and fill it out right now. It will take only 10 minutes to take the first steps to kicking smoking in the butt.

### 1. ALL ABOUT MAXIMISING YOUR MOTIVATION

#### LIST YOUR 3 BIGGEST REASONS FOR WANTING TO STOP SMOKING

1.

2.

3.

Anything Else:

#### ALL THE WAYS YOUR LIFE WILL BE BETTER AND BRIGHTER

- ☐ Enjoy feeling energetic and really alive
- ☐ Exercising and climbing stairs easily
- ☐ Enjoying a long and healthy life
- ☐ Looking and feeling great
- ☐ Feeling happier and more relaxed
- ☐ Travel
- ☐ Feeling confident and in control
- ☐ Sleeping well and wake up feeling refreshed
- ☐ Feel free to do whatever you want whenever you want
- ☐ Be able to play or keep up with the kids or grandkids
- ☐ See your kids or grandkids grow up, get married, have children of their own
- ☐ Enjoy socialising without having to run off for a smoke

☐ What about the extra money for? (i.e. holiday, car, clothes, kids etc)

☐ Have extra time and energy for? (gardening, getting stuff done)



### ANY OTHER AWESOME STUFF YOU CAN DO

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## 2. ALL THE ALTERNATIVES

What about your triggers? i.e. when do you automatically light up?  
Instead of lighting up I can?

Trigger	Alternative
<input type="checkbox"/> First thing in the morning	
<input type="checkbox"/> After meals	
<input type="checkbox"/> When driving	
<input type="checkbox"/> With a drink (coffee, tea, alcohol)	
<input type="checkbox"/> On the phone	
<input type="checkbox"/> During breaks	
<input type="checkbox"/> When feeling angry	
<input type="checkbox"/> When feeling hungry or tired	
<input type="checkbox"/> When reading or watching TV	
<input type="checkbox"/> When socialising and/or having a drink	



<input type="checkbox"/> When relaxing	
<input type="checkbox"/> When stressed or tense	
<input type="checkbox"/> When bored or killing time	
<input type="checkbox"/> As a reward	
<input type="checkbox"/> After kids are in bed	
<input type="checkbox"/> Other	

### 3. KICKING SMOKING IN THE BUTT DATE

You have every reason to stop smoking. You are not giving up anything except the negative effects of smoking on your health, bank balance and lifestyle, you know that already.

My Stop Smoking Date is:

### 4. SUCCESS IS EASIER IF YOU HOLD YOURSELF ACCOUNTABLE

Tell as many people as you can that you are going to stop smoking on \_\_\_\_\_ day.

**You betcha I can kick smoking in the butt...**

Give someone a sum of money that you wouldn't want to lose. Maybe \$100 or \$1000, whatever it is you can afford. If you don't quit on your date and stay a non-smoker for 6 months, the money goes to a charity of their choice. This will give you extra motivation and in 6 months you will get your money back if you continue to be a non-smoker, plus all the money you will be saving through not buying them...BONUS!!!



## 5. **MAKE AND ATTEND YOUR APPOINTMENT**

Becoming a permanent non-smoker doesn't have to be hard! Free yourself of the want, need and desire to smoke and overcome that battle going on in your mind with hypnosis.

It is so EASY, all you have to do is come and enjoy a relaxing session of hypnosis. What could be easier than that?!

Contact me for an obligation free chat and if it's right for you, we'll book your appointment. Too EASY.

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or give me a buzz, I'd love to hear from you:

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