

The Six Commitments

Preparing yourself to be a permanent non-smoker

Emotional

You have great reasons to become a non-smoker, but do you really *want* to quit? Are you sick and tired of being an emotional slave to nicotine poison? Are you emotionally ready to give up the smell, shortness of breath and health risks? And are you in touch with all the wonderful things you will gain once you are free from this deadly habit?

Yes No

Psychological

We create our reality through our beliefs. Henry Ford said, "If you believe you can achieve something, or you believe you can't, either way you're right." Your creative mind is the single most powerful element in giving up your habit. You may have tried to quit smoking before, expecting it to be difficult, only to find yourself back at it again. Our process is proven over 95% effective, with nearly 100,000 clients. With this incredible success rate on your side, do you *believe* that you can and will quit smoking permanently?

Yes No

Behavioral

Smoking is often associated or linked with certain activities like talking on the phone, drinking, breaks, with coffee, or after a meal. With the help of hypnosis, we will be breaking up all of the connections between these activities and smoking. You will continue to enjoy these same activities (perhaps even more), while taking pleasure in healthier, life-affirming habits. Are you willing to allow your very creative unconscious mind to come up with several new beneficial behaviors to replace smoking?

Yes No

Financial

The cost of your session is what you are already spending on cigarettes in a month or two. On average our clients actually save \$1,500 to \$3,500 each and every year! You are investing in your health and your future. Do you agree that the price is a very small investment for the health, emotional, and financial returns you will receive for the rest of your life?

Yes No

Social

Have you ever tried to quit smoking without telling anyone (just in case it didn't work?) In war, some generals would burn the bridges they had crossed in order to motivate the troops forward. The same is true for quitting smoking. Are you willing to share with your friends, family, colleagues, and associates your intention to quit once and for all, or do you want to wait and see?

Yes No

Spiritual

When you have quit smoking forever, you are in a powerful position to "pay this gift forward." Paying this life affirming gift forward accomplishes several things. First, it solidifies you as a permanent non-smoker. Secondly, you'll feel wonderful knowing that you are helping to save the lives of people you know and care about. Third, you assist us in our mission to save lives. When you refer just 3 smokers, and then they refer others, you begin a wave that could save hundreds, even thousands of lives; very good Karma! How tall will you feel knowing that you are sending powerful positive ripples into the world? Are you ready to help save not only your life, but others too?

Yes No

If you answered "Yes!" to the six commitments, you are ready to become a non-smoker for the rest of your life!

Congratulations! Let's get started! Call me, Jill Lien, on 907631 2490 (cell) 307 764 5470 (office).