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*Sue Williams*  
WELLNESS

# Steps to Get Ready to Quit Smoking

[www.suewilliamswellness.com](http://www.suewilliamswellness.com)





## 3 Steps to Get Ready to Quit Smoking/Vaping

Have you been thinking... it's time?

Quitting smoking, vaping, or any nicotine dependence is the best thing you can do for your health, your energy, your spirit, and your life!

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# 3 Steps to Get Ready to Quit Smoking / Vaping

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## Discover Your Why

Start with writing responses to these questions:

- Why is it important for you to quit **now**?
- What is at risk if you **DON'T** quit now?
- What might change if you quit?
- What will you gain by quitting?
- Think ahead 6 months, how will you feel if you don't quit?
- How is smoking holding you back?
- How does this goal connect to a bigger vision of yourself or your life?
- Think ahead 6 months, if you quit, what will your life look like?

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## Create The New You

Building on your *Why*, envision a new version of you and write in detail how you'll think, act and be as a nonsmoker.

- How will you feel about yourself?
- What will you do differently?
- How does this new version dress?
- Who does this person hang out with?
- How will you spend your extra money?
- What goals does this person have?
- What will you do with your free time
- How will you carry yourself differently?

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## Get Good at Habit Change

Start to make micro-changes in your life to stimulate new neural pathways, which will pave the way for this big change. Examples below.

- Drive a new route to work every day.
- Sleep on the 'wrong' side of the bed.
- Brush your teeth with your opposite hand.
- Enter your house through a different door.
- Sit in a different chair at the kitchen table.

# Congratulations!

Now that you've completed the 5 Steps To Get Ready To Quit -  
Are you ready for the *next* steps?

I'm Sue Williams, a health coach who has helped hundreds of people just like you to increase their energy, self-confidence, and improve their mood, by quitting - for good!

In my 8-week digital course you'll learn behavior change strategies, mindset tools, detox protocols and more.

[Click HERE to Learn More!](#)

let's connect



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