

## Quit Smoking Today Affirmations



You can use affirmations to get yourself thinking and feeling that you DON'T wish to smoke. But, you don't want to put in references to smoking in your affirmations, merely as you already have a notion that smoking is pleasurable. Once that association has been made in your subconscious, any idea of smoking is going to trigger a potent desire to smoke.

Rather, you are able to utilize affirmations to emphasize the Advantages of not smoking - without bringing up smoking at all.

Here are a few illustrations:

I love being able to take a breath freely.

I love taking great care of my body.

I nurture my body with healthy habits.

I merit a clean, fit body.

I may alter my habits by altering my mind.

I respect and honor myself always.

I'm strong enough to defeat any challenge.

I trust in my power to do anything I want.

How to utilize Affirmations

Affirmations work best when they're recited repeatedly and while presenting your full focus to them. Not only should you state the words, but you ought to also do your best to bring forward the corresponding sense affiliated with the words. For instance, if you state, "I feel so potent and empowered" you ought to in reality make an attempt to feel that way. This does take practice if you're not used to mastering your emotional state, but it gets simpler the more you do it.

Steady repetition a lot of times a day is crucial also, because you're attempting to reverse existing beliefs in your subconscious.

The illustration affirmations here will help get you started, but feel free to compose your own too!

Affirmations do take time to totally sink in to your subconscious, but just like your old notions were formed, uniform repetition and reinforcement will help them become lasting.