



# YOUR PERSONAL GUIDE TO QUITTING SMOKING

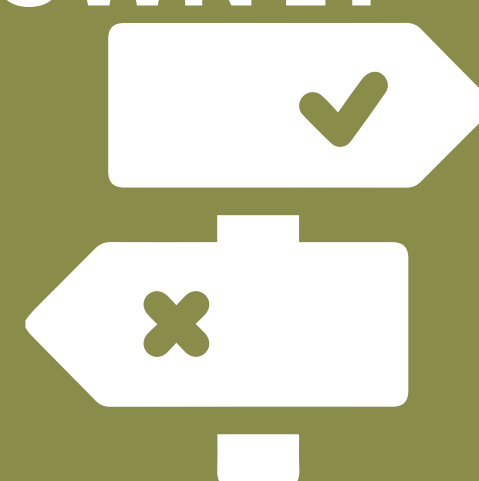
## A 7-Day Breakthrough Plan

If You're Serious About Taking the Next Step to Quit Smoking... We've got your back. Kicking the habit isn't about willpower alone, it is about having the right plan, the right mindset, and real support. That's why we have prepared an easy-to-follow, practical 7-day guide to help you get started on your smoke-free journey : step by step, day by day. No overwhelm. No pressure. Just clear actions, encouragement, and tools to help you reclaim your health.

### DAY 1: MAKE THE DECISION & OWN IT

**GOAL** Shift your mindset from "trying" to "committed."

- Write down why you want to quit (health, money, kids, freedom).
- Tell someone close to you that you're committing to this.
- Set your quit date and make it within this week.
- Remove temptation: Throw out cigarettes, ashtrays, lighters.



Mini Habit: Say out loud, "I'm becoming a non-smoker."

### DAY 2: KNOW YOUR TRIGGERS

**GOAL** Understand your smoking patterns so you can break them.

- Identify your top 3 triggers (stress, coffee, boredom, social situations).
- Write them down and plan 3 alternatives (e.g., stress = breathing, coffee = h
- Choose a healthy oral substitute: gum, carrot sticks, or mints.

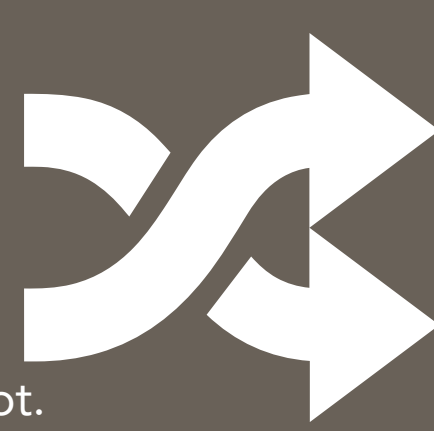


Mini Habit: Every time you crave, pause and take 3 deep breaths.

### DAY 3: CHANGE YOUR ROUTINE

**GOAL** Interrupt the "automatic" habit cycle.

- Take a different route to work if you smoke in the car.
- Switch up your breaks: take a walk instead of heading to the smoke spot.
- Try deep breathing, journaling, or sipping water when cravings hit.



Mini Habit: Replace your smoke break with a 5-minute walk or stretch.

### DAY 4: FACE THE CRAVINGS HEAD-ON

**GOAL** Build resilience and learn to ride the urge.

- Expect withdrawal: irritability, fatigue, anxiety:it's your body detoxing.
- When a craving hits, set a timer for 5 minutes and distract yourself.
- Remind yourself: "This feeling is temporary. I am not."



Mini Habit: Text a friend or accountability buddy when you feel triggered.

### DAY 5: CELEBRATE SMALL WINS

**GOAL** Build momentum through encouragement and reflection.

- Journal: How has your mood, energy, or breathing changed?
- Add up what you've saved in Rands so far—reward yourself with something you like.
- Repeat your quit reason to yourself first thing in the morning and before bed.



Mini Habit: Treat yourself to something meaningful with the money you have saved.

### DAY 6: PREPARE FOR PRESSURE

**GOAL** Stay strong during social situations or emotional lows.

- Role-play responses for when someone offers you a cigarette: "No thanks, I'm smoke-free now."
- Have your replacement tools ready: gum, vape-free device, flavored water.
- Plan ahead for stress: breathe, walk, stretch instead of lighting up.



Mini Habit: Say "I choose my health" every time you are tempted.

### DAY 7: REFLECT, RESET, AND REINFORCE

**GOAL** Review your progress and lock in new habits.

- Write down 3 things you're proud of this week.
- Make a list of benefits you have already noticed (better taste, breathing, mood).
- Keep building your new identity: "I am a non-smoker."



Mini Habit: Celebrate with a healthy reward and plan your week ahead.

## AFTER WEEK 1: KEEP GOING!

You've built the foundation. Now it's about consistency.

- Set weekly milestones. Stay aware of triggers.
- Keep replacing the ritual—no just removing it.
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**And if you slip up? It's not failure—it's feedback. Reflect, recommit, and continue. Final Reminder: You are not quitting something. You are reclaiming your freedom, your health, your breath, your future.**



For more information, support and advice feel free to reach out to us on [transneteap@mhg.co.za](mailto:transneteap@mhg.co.za)

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