

MIND TRAINING

Affirmation Scripts

LIFE UPGRADE
LEARN TO LIVE BETTER



STOP SMOKING - AFFIRMATION SCRIPT

- I am getting healthy habits now
- Being a non-smoker is easy
- Being a non-smoker is easy
- Being a non-smoker makes me feel good
- Being a non-smoker makes me feel I can do anything
- Being a non-smoker makes me feel powerful
- Being a non-smoker makes me feel strong
- Being a non-smoker makes you feel good
- Being a non-smoker makes you feel powerful.
- Being a non-smoker makes you feel strong
- Being a non-smoker makes you feel You can do anything
- Being free from need makes me feel wonderful
- Being free from need makes you feel wonderful
- I am a non-smoker now
- I am free from desire for cigarettes
- I am free from need and addiction
- I am helping my body to heal
- I am inspired to change in positive ways
- I am proud to reject cigarettes
- I can feel my body beginning to heal
- I choose to be free from smoking
- I desire only healthy things
- I desire only positive things
- I enjoy being able to breathe more easily
- I enjoy having healthy habits
- It gets easier and easier every day to be a non smoker
- I feel a rush everytime I choose to reject a cigarette
- I feel excited when I refuse to have a cigarette
- I find healthy ways to manage my stress
- I have the habits of a non-smoker
- I leave old habits in the past
- I let go of my addiction to cigarettes
- I let go of my desire for cigarettes
- I let go of my need for cigarettes
- I love being a non-smoker
- I love being free from addiction to cigarettes
- I love being free from smoking
- I love breathing in fresh air
- I love the way I am changing for the better
- I manage my anxiety in healthy ways
- I manage my stress in healthy ways now
- I manage my tension in healthy ways
- I reject all addiction to cigarettes
- I reject all desire for cigarettes
- I release all addiction to cigarettes
- I release all need for cigarettes
- I release desire for cigarettes
- I remove all need for cigarettes
- I respect my body
- I respect my choice to be a non-smoker
- It gets easier and easier every day to be a non smoker
- It gets easier and easier every day to be a non smoker

- It's okay to be a non-smoker
 - It's okay to be a non-smoker
 - It's okay to let smoking go now
 - It's okay to let smoking go now
 - My body is healing
 - My lungs are becoming clean now
 - My lungs are starting to heal now
 - Rejecting cigarettes makes me feel disciplined
 - Rejecting cigarettes makes me feel infinitely wonderful
 - Rejecting cigarettes makes you feel disciplined
 - Rejecting cigarettes makes you feel wonderful
 - You are a non-smoker
 - You are a non-smoker now
 - You are free from desire
 - You are free from need and addiction
 - You are getting healthy habits now
 - You are helping your body heal
 - You are inspired to change in positive ways
 - You are proud to reject cigarettes
 - You can feel your body being to heal
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