



Advanced Laser Solutions
The Stop Smoking Company™

The 5 Things You Can Do Right Now to Get Ready to Quit Smoking

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What you do before you quit smoking is equally as important as what you do after you quit smoking. Whatever method you choose to quit smoking there are some really important things you can do before you quit that can help to ensure your success when that day finally arrives that you lay down your last cigarette.

My name is Charles Westover and I am the Founder of Advanced Laser Solutions. I have struggled to quit smoking just like you. I was no ordinary smoker; I was a two pack a day smoker and took my smoking very seriously.

I have counseled thousands of smokers over the last ten years on the best ways to quit smoking. Now I won't take you for a fool and tell you that you will magically quit smoking without any effort on your part, but I will tell you that with a little planning and preparation before your quit date, you will be far ahead of all other smokers that just pick a date, quit and just wing it from there.

I hope these short tips I can give you today will be valuable and make your next attempt to quit a success!

Set a Date

We have heard this time and time again to set a date to quit smoking. Even if you're not ready to quit just yet, you should have a date in the near future set.

What this does for is two things. First of all you have an end point in mind. Just like setting a goal for anything, if you have the end goal in mind, you already are starting to get yourself mentally prepare for that date. If you don't set a date to quit right now, it will be like anything else in our lives that we keep putting off. Before you know it, it will be two years from now and you will still be smoking.

The second thing setting a date does for you, is allow you to relax and accept the idea that you're going to quit. Instead of constantly debating on when your going to do it or how your going to do it, when you set a date you will free your mind of the burden and stress that your constantly creating by constantly hating yourself for smoking and not doing anything about it.

It's just like writing a to-do list for the next day before you go to bed at night. It takes those worries out of your mind and puts them on paper so that you can relax and go to sleep instead of lying in bed going over and over all of the things you have to do the next day.

So set a date right now and make it within two weeks from now. Once you set that date right away decide what method your going to use to accomplish it, then relax and let it off your mind. That part will be taken care of.

Make a Plan

This is one of the easiest things to do, but something that almost nobody does. You will thank yourself and me for doing this. It will help you more than anything else you have after you quit smoking.

Making this plan will also help you to relax after you quit because you will have already anticipated any potential problem situations ("urges") that may occur after you quit and you will already have written down exactly what to do in any one of those moments.

Many of our clients consider this to be one of the most valuable things that helped them after they quit. As a matter of fact, many of our customers tell us that they have held on to this plan even years later. This is just a sample outline. There is a blank outline at the end of this report you can use and print for free.

The Urge

What you will do if you get the urge

When I wake up in the morning (First thing):	I want to feel like a nonsmoker and smell like a nonsmoker so the first thing I will do when I get up is take a shower, brush my teeth, shave, put on my makeup etc. and really get ready for the day, before I drink my coffee or eat breakfast. This way I will
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	feel refreshed, relaxed and ready to conquer the day!
Morning Coffee	
Drive to Work	
Morning Break at Work	
Lunch Break	
Afternoon Break	
Ride Home from Work	
Before Dinner	
After Dinner	
Relaxing Before Bed	
With Alcohol	

Keep in mind that 90% of the time you will be just fine without any urge to smoke, but filling out this plan will have you prepared for any moment that may arise. All you will have to do is look at your list and you will know what to do.

When you print off and fill out the blank form at the end of this report, just go through your day (any normal day) in your mind and write down any points throughout the day that you feel you may have more of an urge to smoke. Then next to that just write down one simple thing that you can do to either change the routine or do something different in that moment.

It doesn't have to be anything complicated. Things like washing your hands, brushing your teeth will calm you down and keeping clean is a great reminder of how great you will smell and feel as a nonsmoker. You could also write down something as simple as "Take a walk" after dinner.

If you make this plan and you decide to make an appointment with us to quit smoking, you are more than welcome to bring it in with you and we will take a look at it and maybe give you some more suggestions to help you along.

Practice, Practice, Practice

This is something you can start doing right now before your quit date that is easy and will give you a feel for what it will be like to be a nonsmoker, but more importantly it will show you that it will be easier than you think and you will probably enjoy it!

Let me give you an example. Lets say your sitting around the house not doing much of anything and you decide you have to run to the store for some milk, eggs and bread. Not that big of a deal just a 15-20 minute trip. Why not decide before you go that you're not going to smoke on this trip. It's no big deal. It's not like your trying to quit for good right now, your just practicing, so there is no real pressure. You can smoke when you get back home. Just get yourself ready before you go. Brush your teeth, wash the smell of cigarettes off of you and feel confident going out into the world like a nonsmoker would.

Do you think you could do it? Of course you could, especially if you didn't have the pressure in that moment of never having another cigarette again. You also wont feel deprived. Practicing at quitting smoking before your quit date at little times like these will help you little birdie get a feel for your wings.

As the old saying goes, you gotta crawl before you walk, and what a better way that to practice now before you quit for good. You can practice this at any time you want. Just pick a time and set your mind to it. Warning: you may get addicted to these little practices and may find you enjoy your nonsmoking times better than the smoking ones! This is where we build confidence and you can start right now!

Get Clean

What I mean by getting clean is simply anything you own that has been tainted by smoke, needs to get ready for the new nonsmoker your going to become. (Cars, home, clothes etc.)

You can start right now before your quit date by getting your stuff squeaky clean. You should clean you car from top to bottom. I want you to make is as clean as if a nonsmoker drove it. I don't care if you drive a luxury car or a car you would consider a piece of junk. Clean it out as if you were going to pick the President of the USA at the airport. Do the same with your house if you smoke in it. If you smoke outside, clean up any areas that you smoke in (Garage, porch etc.) Get rid of all ashtrays and lighters lying around. Also before your quit date, get rid of any old cigarette butts and packs of cigarettes. Give them to someone or throw them away. Also wash and clean any clothes or coats that have the smell of smoke on them. Making your stuff smell fresh and clean will make you feel fresh and clean just as a nonsmoker should.

Get Rid of Fear

Let's be clear about something right from the start. It is very normal to be fearful and anxious when getting ready to quit smoking. It is also very normal to be fearful and anxious when wondering if this time will be successful or not. I have been there and I have counseled thousands of other smokers that have all felt the same way. As a matter of fact I would be somewhat worried if you weren't a little frightened by the thought of quitting.

What I mean by getting rid of fear is that the fear of what might happen to you if you don't quit smoking is the worst motivator to quit smoking. There is a reason you don't see pictures of cigarettes, cancer or black lungs on our website. The reason is that quitting because you are afraid of what might happen to you if you don't will only cause you to feel stressed and pressured to quit. What do stress and pressure make all of us smokers want to do? Smoke!

When you decide to set a date to quit smoking, you should never be motivated by fear. Hope and excitement about a better future is the best motivator you could have.

Thinking of the freedom you will experience and how great you will smell. Think of how great you will feel and how much money you will save. Think of the confidence you will feel when you can get close to a co-worker in a meeting or even closer to your loved one at home (wink, wink) without feeling self conscious about how you smell or your breath smells. Think of how much more energy you will have and the time to do things you want to do.

There is so many more reason to have Hope and be Excited about quitting than there are things to fear. Start thinking of all the things that will be great about your life as a nonsmoker.

I will never lie and say that I didn't enjoy smoking, when I did smoke, but I enjoy being a nonsmoker a thousand times more than I ever did being a smoker. So get happy and excited about it. It's a small problem that seems huge, but you will look back one day and wonder why you ever made such a big deal about quitting.

Conclusion

I hope that I have given you some useful tips on things you can do right now to get ready for your quit date. It has been my experience that the more prepared you are to quit the better off you will be. However you decide to quit smoking, start now by using some of these strategies and look forward to your future as a nonsmoker. Many of us former smokers have quit. We are encouraging you and happily waiting for you on the other side. Best wishes and lots of love.

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