SUCCESS IN MIND Clinical Hypnotherapy Daris Lancaster, CHt daris@success-inmind.com / (443) 569-2014

My Daily Smoking Record

Day	Time	Place	Activity	Feeling

Example:

Monday	*6:30am*	*Kitchen*	*Drinking Coffee*	*Tired*
Monday	*11:00am*	*Desk*	*Talking on Phone*	*Overwhelmed*

Note: Please bring your completed Daily Smoking Record with you to your Hynotherapy Session. The more you know about your smoking habits, the easier it will be for you to cut down and then become a non-smoker. Congratulations on your decision to quit! www.success-inmind.com

Call 443-569-2014 to schedule your Non-Smoker Session today!