

Quit Smoking

By Applying The Principles of Atomic Habits

By James Clear

Workbook / Journal

The goal of this journal / workbook is not to change all your habits overnight. Instead, the goal is to develop one small habit that will have a big impact on your life. When that habit starts becoming automatic, you can print a new copy of this workbook and work on your next habit. These small changes will accumulate and eventually change your life!

Quit Smoking

By Applying The Principles of Atomic Habits



The principles outlined in James Clear's "Atomic Habits" can be powerful tools to help you quit smoking.

The 1% Rule: Small Changes, Big Impact: The 1% rule encourages gradual progress by making small, manageable changes to your habits. When applied to quitting smoking, it means starting with tiny, sustainable steps and building momentum over time. Begin by identifying a small, attainable goal. For example, aim to reduce the number of cigarettes you smoke by just one each day. Once you've successfully reduced your daily cigarette intake, continue to decrease it gradually by another one percent until you reach your ultimate goal of quitting entirely.

The key to building lasting habits is to focus on creating a new identity first. Shift your focus from "What do I want to achieve?" to "Who do I want to become?" Define the person you want to be, such as "I am a non-smoker," and continually reinforce this identity throughout your journey to quit smoking.

4 RULES TO BREAK BAD HABITS – TO STOP SMOKING

1 MAKE IT INVISIBLE

Reduce Temptation: Making the undesirable habit invisible means removing the cues and triggers that prompt you to smoke in the first place.

1. **Clear Your Space:** Remove all cigarettes, lighters, and ashtrays from your home and car to eliminate easy access to smoking.
2. **Avoid Smoking Triggers:** Identify situations, places, or people that trigger your urge to smoke and consciously avoid or modify these triggers.
3. **Substitute Habits:** Replace smoking with healthier activities, such as chewing gum, taking a short walk, or deep breathing exercises, to redirect your cravings.
4. **Use Smoking Apps:** Utilize smartphone apps designed to help you quit smoking, which can provide support, tips, and tracking tools.

2 MAKE IT UNATTRACTIVE

Change Your Perspective: Transforming the habit into something unattractive means altering your perception of smoking to see it as less appealing.

1. **Educate Yourself:** Research and understand the health risks associated with smoking, including the long-term consequences and financial costs.
2. **Visual Aids:** Create a list of reasons why you want to quit smoking and place it where you can see it daily. Use vivid imagery to depict the negative effects of smoking.
3. **Seek Support:** Join a support group or connect with friends and family who can remind you of your reasons for quitting and discourage smoking.
4. **Use Disgust:** When you have a craving, vividly recall the sensation of smoke, the smell, and the taste to deter yourself from lighting up.

3

**MAKE IT
DIFFICULT**

Create Barriers: Increase the difficulty of smoking by putting obstacles in your way, making it less convenient.



- 1. Limit Access:** Keep cigarettes in hard-to-reach or inconvenient places, making it less effortless to grab one.
- 2. Change Routine:** Alter your daily routine to disrupt smoking triggers. If you typically smoke after meals, find an alternative activity.
- 3. Utilize Smoking Aids:** Consider using nicotine replacement therapy, such as patches or gum, as a means of making it harder to indulge in the physical act of smoking.
- 4. Set Time Restrictions:** Implement rules like waiting 10 minutes before having a cigarette, allowing you to rethink your choice.

4

**MAKE IT
UNSATISFYING**

Reprogram Your Mind: Shift your mindset to view smoking as unsatisfying by recognizing its negative effects and the diminishing pleasure it provides.

- 1. Reflect on the Consequences:** Regularly remind yourself of the negative consequences of smoking, such as health issues and the financial burden.
- 2. Mentally Reframe:** Challenge the illusion that smoking provides relief or relaxation by acknowledging that it exacerbates stress and anxiety in the long run.
- 3. Visualize Success:** Imagine the sense of accomplishment and improved health you'll experience once you've quit smoking.
- 4. Reward System:** Establish a system of rewards for reaching milestones in your journey, such as treating yourself to a special gift or activity.

The principles of "Atomic Habits" offer a structured approach to quitting smoking. Start with the 1% rule, making gradual reductions in smoking. Make smoking invisible by removing triggers and temptations. Make it unattractive by understanding the health risks and changing your perception. Make it difficult by creating barriers to access cigarettes. Finally, make it unsatisfying by focusing on the negative effects. By applying these principles, you can transform your smoking habit into a healthier, smoke-free identity and take steady steps towards a life free from cigarettes.

YOUR IDENTITY

Become a Non Smoker

Your current behaviors are simply a reflection of your current identity. The way you behave is a mirror image of the type of person you believe that you are (either consciously or subconsciously). If you want to change your behavior you need to first change your identity (i.e. change the things you believe about yourself).

The most effective way to change your habits is to focus on who you wish to become, not on what you want to achieve. Make the habit part of your new identity.

"It is a simple two-step process: Decide the type of person you want to be. Prove it to yourself with small wins." "Ask yourself, "Who is the type of person that could get the outcome I want?" Then be that person.

Describe the person you are now in the table below. Categorize your descriptions into positive beliefs and negative beliefs.

	Who am I today?	Who do I want to be?
Positive Beliefs		
Negative Beliefs		

List the habits you need to develop or break in order to be the person who you described that you want to be and then prioritize these habits.

Select the habit that you want to work on first. Ideally, this habit should be one that won't take much effort but will create the greatest impact over time.

The habits I need to develop in order to be the person I want to be	Order of Priority

THE HABIT YOU ARE GOING TO CHANGE

Think of a new habit that you find difficult to develop or an old habit that you cannot get rid of but one that will result in a change in your life. Ideally this should be the habit that you ranked top priority on the previous page.

This workbook will help you develop or change that habit.

Describe the change you want to make.

How will your life improve if you are successful?

List the challenges that you have experienced in the past when you tried to develop this habit.

Why will it be different this time? How can you overcome obstacles you encountered in the past?

BREAK THE HABIT INTO SMALL COMPONENTS

Breaking the habit of smoking into smaller components can make it more manageable. Here are some incremental steps that can be taken. Select the ones that resonate and insert them into the table on the next page.

1. Recognize Triggers:

Identify specific situations or feelings that urge you to smoke and try to avoid them or replace them with healthier alternatives.

2. Set a Quit Date:

Choose a specific date in the near future and commit to not smoking after that date.

3. Gradual Reduction:

Slowly decrease the number of cigarettes you smoke each day until you reach zero.

4. Nicotine Replacement Therapy (NRT):

Use patches, gum, lozenges, inhalers, or nasal sprays to manage withdrawal symptoms.

5. Seek Support:

Join a support group, or find friends, family, or a counselor who can offer support.

6. Stay Active:

Exercise regularly to reduce stress and improve mood, reducing the need to smoke.

7. Manage Stress:

Develop healthier coping mechanisms, such as deep breathing, meditation, or yoga.

8. Avoid Alcohol and Other Triggers:

Limit alcohol consumption and avoid other triggers that can lead to smoking.

9. Reward Progress:

Set up a reward system for reaching milestones, like one week, one month, three months, etc., without smoking.

10. Develop New Habits:

Replace smoking with a positive habit, like drinking water, chewing gum, or eating a healthy snack when cravings hit.

11. Create a Smoke-Free Environment:

Remove all cigarettes, lighters, and ashtrays from your home, car, and workplace.

12. Stay Committed:

Keep reminding yourself of the reasons you want to quit and the benefits you'll gain.

13. Maintain a Healthy Lifestyle:

Adopt a balanced diet, regular exercise, and sufficient sleep to enhance overall well-being and resilience against relapse.

14. Plan for Relapse:

Develop strategies to cope with or avoid situations that might lead to relapse. Each small component targets a specific aspect of the smoking habit, making it easier to tackle the broader challenge of quitting smoking. Keep in mind that setbacks may occur, but persistence and a focus on the end goal can aid in the overall success of breaking the habit.

BREAK THE HABIT INTO SMALL COMPONENTS

Choose the components that resonate from the page before or create your own.

For each component, identify small changes you need to make to ensure success.

Habit:	COMPONENTS	CHANGES YOU NEED TO MAKE

HOW TO BREAK BAD HABITS STOP SMOKING

There are four laws of behavior change:

1

MAKE IT INVISIBLE

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What can you do to make it invisible:



In the weekly planner on page 12, allocate time for some of these activities to be done in the upcoming week.

2

MAKE IT
UNATTRACTIVE

Change Your Perspective: Transforming the habit into something unattractive means altering your perception of smoking to see it as less appealing.

1. **Educate Yourself:** Research and understand the health risks associated with smoking, including the long-term consequences and financial costs.
2. **Visual Aids:** Create a list of reasons why you want to quit smoking and place it where you can see it daily. Use vivid imagery to depict the negative effects of smoking.
3. **Seek Support:** Join a support group or connect with friends and family who can remind you of your reasons for quitting and discourage smoking.
4. **Use Disgust:** When you have a craving, vividly recall the sensation of smoke, the smell, and the taste to deter yourself from lighting up.

What can you do to make it unattractive:



In the weekly planner on page 12, allocate time for some of these activities to be done in the upcoming week.

3

**MAKE IT
DIFFICULT**

Create Barriers: Increase the difficulty of smoking by putting obstacles in your way, making it less convenient.



1.Limit Access: Keep cigarettes in hard-to-reach or inconvenient places, making it less effortless to grab one.

2.Change Routine: Alter your daily routine to disrupt smoking triggers. If you typically smoke after meals, find an alternative activity.

3.Utilize Smoking Aids: Consider using nicotine replacement therapy, such as patches or gum, as a means of making it harder to indulge in the physical act of smoking.

4.Set Time Restrictions: Implement rules like waiting 10 minutes before having a cigarette, allowing you to rethink your choice.

What can you do to make it difficult:



In the weekly planner on page 12, allocate time for some of these activities to be done in the upcoming week.

4

**MAKE IT
UNSATISFYING**

Reprogram Your Mind: Shift your mindset to view smoking as unsatisfying by recognizing its negative effects and the diminishing pleasure it provides.

1. Reflect on the Consequences: Regularly remind yourself of the negative consequences of smoking, such as health issues and the financial burden.

2. Mentally Reframe: Challenge the illusion that smoking provides relief or relaxation by acknowledging that it exacerbates stress and anxiety in the long run.

3. Visualize Success: Imagine the sense of accomplishment and improved health you'll experience once you've quit smoking.

4. Reward System: Establish a system of rewards for reaching milestones in your journey, such as treating yourself to a special gift or activity.

What can you do to make it unsatisfying:



In the weekly planner on page 12, allocate time for some of these activities to be done in the upcoming week.



In the weekly planner below, designate time slots for some of the tasks mentioned in the preceding pages, or any other tasks you prefer, that will aid in breaking this habit.

WEEK OF:

MONTH:

YEAR:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
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MINDFULNESS

Autopilot

Sometime we react to certain things automatically without giving them much thought. Smoking, like many habits, can become so ingrained that people often find themselves engaging in it without conscious thought or intention.

For instance, when attempting to quit smoking, you might find yourself automatically reaching for a cigarette during certain situations or times of the day, like after a meal or during a break, without actively thinking about it. This "autopilot" mode can occur because the act of smoking has been deeply intertwined with specific cues or routines, making it a seemingly natural and automatic response to those situations. In this way, the hand-to-mouth action of smoking becomes a deeply ingrained, almost reflexive behavior, enacted without conscious deliberation or awareness.

One of the ways to prevent this is by mindfulness. Make an effort to be present during the times you would otherwise be on autopilot.

When do you smoke on autopilot?

Describe how this makes you feel.

What can you do to avoid acting on autopilot? I will:

List ways on how you can keep yourself mindful and aware of your habits.

YOUR ENVIRONMENT MATTERS

One of the factors that influence our behavior and our habits is our environment.

Visual Cues & Environment Influence:

Smokers often have specific environmental cues and visual triggers that can unconsciously prompt the desire to smoke. For instance, seeing someone else smoke, passing by a usual smoking spot, or even seeing a pack of cigarettes can act as powerful visual cues, initiating the automatic sequence of actions associated with smoking.

Example:

Imagine a person who has a habit of smoking every time they have a coffee break. The act of going to the coffee shop, the smell of coffee, or even seeing the coffee mug can serve as a cue that triggers the craving to smoke. This is because, over time, the brain has created a strong connection between the environment (coffee shop or mug) and the action (smoking).

Influence of Stores/Brands:

Similarly, tobacco companies and stores strategically place cigarette packs and advertisements at eye level and near checkout counters to exploit this principle. These visual stimuli are designed to grab attention and evoke the desire to purchase and smoke, especially for those who have associated smoking with other routines or emotional states, like stress relief or socializing.

Breaking the Cycle:

Understanding the impact of environmental and visual cues on smoking behavior can be instrumental in modifying or quitting the habit. By recognizing and altering these cues — like avoiding specific triggers, changing routines, or modifying the environment — individuals can disrupt the automatic sequence and reduce the influence these cues have on their behavior.

Creating New Associations:

Conversely, creating new, positive associations with existing cues can also aid in habit modification. For example, replacing the act of smoking with a healthier behavior like drinking water or chewing gum when exposed to a usual smoking cue can help in reprogramming the habitual response over time.

By being mindful of environmental influences and consciously altering responses to cues, individuals can leverage their understanding of habit formation to modify or eliminate undesirable behaviors like smoking.

Describe the changes
you can make.

FAMILY AND FRIENDS

James Clear's "Atomic Habits" underscores the influential role of our social environment, especially our family and friends, in shaping our habits. When applying these principles to the challenge of quitting smoking, the role of social circles becomes evident.

Imitating Social Groups:

James Clear mentions, "We tend to imitate the habits of three social groups: the close (family and friends), the many (the tribe), and the powerful (those with status and prestige)."

- The Close:** If family and friends are smokers, there's a heightened risk of one taking up or continuing the habit. Their actions can inadvertently make smoking seem like an acceptable or even desirable behavior.

- The Many:** Social circles or communities where smoking is widespread can exert a strong influence on an individual's smoking habits. If "everyone" is doing it, the behavior can feel normal or inevitable.

- The Powerful:** Celebrities or influential figures seen smoking can make the act seem glamorous or attractive, reinforcing the habit in individuals who look up to them.

Joining a Supportive Culture:

Clear emphasizes, "One of the most effective things you can do to build better habits is to join a culture where (1) your desired behavior is the normal behavior and (2) you already have something in common with the group."

- Aligning oneself with groups or communities where non-smoking is the norm can significantly boost one's determination and motivation to quit. For example, joining a fitness group or a health-focused community can provide the supportive environment needed to quit.

Seeking Approval and Praise:

Clear observes, "If a behavior can get us approval, respect, and praise, we find it attractive."

- The desire for social acceptance might drive one to smoke, especially if it's seen as "cool" or "mature" within a certain group. Conversely, in environments where non-smoking is praised and seen as a sign of discipline or health consciousness, it becomes a compelling reason to quit or never start.

Learning from Successful Individuals:

One potent strategy Clear suggests is to "Look for people who succeeded in developing the same habit and learn from their experience."

- Seeking out stories or individuals who have successfully quit smoking can provide invaluable insights. They serve as real-life testimonials to the possibility of change and offer practical strategies that have been proven to work. Engaging in conversations with them, joining support groups, or even reading about their journeys can be instrumental in one's own journey to quit smoking.

In Conclusion: James Clear's principles highlight that our habits, including smoking, don't operate in a vacuum. They're deeply influenced by our social environment. Recognizing and harnessing this power by strategically choosing our social groups and influences can be a decisive factor in overcoming the smoking habit.

MONITOR YOUR PROGRESS

A habit tracker is an effective technique to keep your habits on track since one of the most satisfying feelings is the feeling of making progress. "Habit trackers and other visual forms of measurement can make your habits satisfying by providing clear evidence of your progress."

James clear suggests that you never miss twice. If you miss one day, try to get back on track as quickly as possible.

Mark the habit tracker below. Don't break the chain. Try to keep your habit streak going for as long as possible.

	J	F	M	A	M	J	J	A	S	O	N	D
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HABIT CONTRACT

A habit contract is a good framework to keep your habits on track since it imposes negative consequences if you fail to do so.


Use either of the habit contracts below. In the habit contract, you will commit to doing something and you will identify specific habits that will help you reach that goal.

You then set up penalties for not doing those things. Once you have completed it, sign it and get two people you respect to sign it as well. Choose people who you will not want to disappoint or lose face in front of if you don't do what you commit to doing.


There is one version with specific objectives and habits and a blank version that you can fill in with your own objectives and habits.

Habit Contract to Quit Smoking

This contract is a commitment to improve my health, well-being, and quality of life by quitting smoking.

 **Contracting Party:** Name: _____

 **Start Date:** Date: _____

 **Reasons to Quit Smoking:**

1. _____
2. _____
3. _____

 **Goals:**

1. Quit smoking completely by (specific date): _____
2. Reduce cigarette intake to _____ per day by (specific date): _____

 **Action Steps:**


1. **Initial Steps:** a. Identify triggers: _____
b. Choose a quit method: _____
c. Set up a support system: _____
2. **Daily/Weekly Tasks:** a. _____
b. _____
3. **Rewards for Achieving Goals:** a. _____
b. _____

 **Rewards:**

1. **Short Term Reward for First Week:**

2. **Mid Term Reward for First Month:**

3. **Long Term Reward for Six Months:**

 **Consequences for Non-Compliance:**

1. _____
2. _____
3. _____

Support Partner Details:

Name: _____

Relationship: _____

Contact Information: _____

Role of Support Partner:

1. To provide encouragement and support.
2. To help maintain accountability towards the set goals.
3. To offer understanding and motivation during challenging times.
4. To celebrate milestones and achievements in the journey to quit smoking.

Review Dates:

1. **First Review:** [Insert Date] _____
2. **Second Review:** [Insert Date] _____
3. **Final Review:** [Insert Date] _____

During each review, progress will be assessed, challenges will be addressed, and adjustments to the action steps, if necessary, will be made.

Acknowledgement and Commitment:

I, [Name], understand the harmful impacts of smoking on my health, well-being, and quality of life, and I am making a committed decision to quit smoking. I will actively pursue the action steps listed above and will seek support as needed.

Signature of Contracting Party: _____

I, [Support Partner's Name], commit to supporting [Name] in their journey to quit smoking. I will offer encouragement, understanding, and accountability to help them achieve their goal.

Signature of Support Partner: _____

Date of Signing: _____

HABIT CONTRACT



Date: _____

My goal is

To reach this goal I will do the following:

(for each habit, state what you will do, when and where)



1.

2.

3.

Penalty: If I do not do the things above then

Name

Signature

Name

Signature