



# POWER - The 30 Day Challenge - Your Weekly Plan!

<b>P</b>	<b>Prioritize</b> Get clear on your 30 day goal - create or break ONE habit (be specific). Identify as many reasons as possible to build motivation (WHY?).	Goal - What do I want to achieve? Stop smoking! Total stop. My new identity: I am healthy non-smoker!			Reasons - Why is this important? I want to live longer. I want to see my children and grand children grow up. I don't want to be sick. I want to be healthy and have energy to do what I want to do. I want to be a role model for my family and friends. I want to help the next generation(s) to live healthy. I want to kick butt!			
	<b>O</b>	<b>Outline</b> Create a plan. Decide on specific actions that you will take on a daily basis. Rituals you will do consistently every day to create / break the habit. Identify 2-3 specific behaviors.	Monday Nicotine Gum Use rubber band Water/Juice 15 min walk AM Lunch w/Peter Read QuitSmoke	Tuesday Nicotine Gum Use rubber band Water/Juice Gym 1 hr Lunch w/Chris	Wednesday Nicotine Gum Use rubber band Water/Juice 15 min walk AM Lunch w/Peter Read QuitSmoke	Thursday Nicotine Gum Use rubber band Water/Juice Gym 1 hr Lunch w/Chris	Friday Nicotine Gum Use rubber band Water/Juice 15 min walk AM Lunch w/Peter	Saturday Nicotine Gum Use rubber band Water/Juice Gym 1 hr Cinema w/family Read QuitSmoke
<b>W</b>		<b>Without</b> Decide what you have to do without. What do you have to avoid or not do to support your goal? Think of things, people, situations, activities and behaviors.	No lunch w/Bob Avoid stress No coffee Go straight home	No lunch w/Bob Avoid stress No coffee Go straight home	No lunch w/Bob Avoid stress No coffee Go Straight home	No lunch w/Bob Avoid stress No coffee Go straight home	No lunch w/Bob Avoid stress No Alcohol No cofffee Go straight home	Avoid Sress No bars No Alcohol No Party
	<b>E</b>	<b>Engage</b> Success is a team sport. Decide on minimum one person that you will report to daily and how. Someone to hold you accountable and encourage you! But also a person who is not afraid to tell you the truth and kick your butt if needed.	Report to Chris via email/sms. Get \$\$ from my wife.	Report to Chris via email/sms and have lunch for review. Get \$\$ from my wife.	Report to Chris via email/sms. Get \$\$ from my wife.	Report to Chris via email/sms and have lunch for review. Get \$\$ from my wife.	Report to Chris via email/sms. Get \$\$ from my wife.	Report to Chris via email/sms. Get \$\$ from my wife.
<b>R</b>		<b>Reinforce</b> To reinforce your new habit, decide on timely rewards. Commit to severe consequences for missing a day. <b>NOTE: If you miss a day, the 30 day challenge starts all over. No exceptions!</b>	Positive Reinforcement How and when will I reward myself? My wife will pay me US\$ 10 every day I do not smoke for the first 30 days! When I am through 30 days, I will buy myself a new guitar.			Consequences! What are the severe consequences for relapse? 1st Miss: I will clean the toilet for a week 2nd Miss: I will sell my Iphone for US\$ 10 3rd Miss: I will give my drumset away		