

A Promise to Myself

PASSPORT TO SELF-LOVE



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Self love is about taking care of yourself and nurturing your own wellness. When you love yourself, it is easier to attract healthy relationships from others. When you love yourself, you validate and value your own spirit.

Joe Williams is a dance instructor that professes that the mind - body - and spirit can be found in the body. He has mapped the mouth to be the location of the spirit on the face. It is the home to the place where we taste all the diverse sensations of food. The mouth is where we enunciate our words and fill our lungs and heart with air to breath. It is a sacred place that can give lift to powerful songs, the words of poets, the romance of words to draw a loved one close to us, or speak a sacred prayer. This is a guide to help you take back the sacred. May your life be filled with love and compassion for yourself and others.

- Carol Coussons de Reyes

This workbook is not to replace medical advice from your doctor or counseling from trained cessation professionals.



Love is a fruit in season at all times, and in the reach of every hand.

-Mother Theresa





Love is the Poetry of the senses.

Honore de Balzac



A promise to myself:

Passport to Self LOVE



I want to end my relationship with cigarettes because:

I Deserve Rewards:

Determine what rewards you will give to yourself at these milestones:

3 Days of Freedom Reward:

1 Week of Freedom Reward:

2 Weeks of Freedom Reward:

3 Weeks of Freedom Reward:



The price of anything is the amount of life you exchange for it.

Henry David Thoreau



4 Week of Freedom Reward:

1 Month of Freedom Reward:

3 Months of Freedom Reward:

6 Months of Freedom Reward:

1 Year of Freedom Reward:

I Can Love Me Words:

When I feel like caving in, I will tell myself:



I celebrate myself and sing myself.

-Walt Whitman



Shopping List for Celebrating My Self-Love Life:

Dumping the reminders of my old relationship with cigarettes- Write a list of items you want to get rid of:

Make a list of friends that usually sabotage your attempts at dumping cigarettes and what you will say to them:

Write a list of friend that are nurturing of your self-love and support your new relationship with yourself. How can you spend more time with them?



Who will tell whether one happy moment of love or joy of breathing or walking on a bright morning and smelling fresh air, is not worth all the suffering and effort which life implies.

-Eric Fromm



*My Official Date of
Starting a New Self-Love
Life and Leaving Cigarettes
in the Gutter:*

(Insert Date of Promise to Yourself Here or Today's Date.)

-Reference Guide-

Examples of Reasons to Quit:

I want to live a healthy and vibrant lifestyle.
I want to show others I am worthy of love.
I want to give myself what others haven't.
To be an inspiration to other.
To be closer to my spirituality
To respect my body.
To be closer to my feelings and accept them.
I want to have breath like freshly picked mint leaves.

Examples of Rewards:

Going Out to Eat
Opening a Savings Account
Getting a Massage
Buying a New Scented Shower Gel
Buying a Scented Candle
Charitable Donation

I Can Love Me Words:

I am better off without cigarettes in my life.
I only have to get through this moment and the rest will take care of itself.
Remind myself that this is a new relationship and I have to nurture it.
If other people can do it, I can to.



At the touch of love everyone becomes a poet.

-Plato



I accept myself as I am and it is okay to feel this way.
I am going to make it this time, if I don't I will just quit again.
It is important to be uncomfortable sometimes to grow.
Taking risks is important in life and I can make it on my own.

List of Objects to Get Rid of:

unused cigarettes
ashtrays
lighters
matches
butts on the ground outside your home
cleaning the scent out of your car or home

Suggested Words to Friendly Saboteurs:

“Sorry I don't want to hang out at the local bar.”
“Perhaps we could meet at a smoke free restaurant or coffee shop. You will have to smoke by yourself.”
“You may not understand my decision, but this is very important to me.”
“It hurts me to see you smoke and that is why I don't want to be around you right now.”
“I am really enjoying life without cigarettes and I am not going back. You could help me by not smoking around me.”
“You know second hand smoke can injure my lungs and trigger a relapse into smoking for me.”
“I am trying to take care of myself.”
“Could you please smoke outside?”
“I want to live a long full life.”



Freedom is not given to us by anyone; we have to cultivate it ourselves. It is a daily practice....No one can prevent you from being aware of each step you take or each breath you breath in and out.

Thich Nhat Hanh



New Self-Love Life Activities:

Deep Soulful Breathing- Focus on your breathing for a moment and put everything else on hold
Walk Around the Block
Jumping Jacks
Eating Raw Carrots
Eating Raw Sweet Pea Pods
Eating Raw Red Peppers
Learn Some Desk Exercises
Call a Supporter
Begin a Journal
Draw a Picture or Doodle
Check Your Email
Write a Handwritten Letter or Make a Card for a Friend
Clean Out That Closet
Spring Cleaning
Jog in Place
Jumping Jacks
Listen to Relaxing Music (instrumental guitar, classical, jazz)
Crochet
Peel an Orange
Crack Open Pecans or Walnuts
Twirl a Pencil or Favorite Pen
Learn Solitaire or Play Checkers Against Yourself or a Friend
Make an Affirmation Box and Take Out an Affirmation to Read
Put Sticky Notes Up About Your Goals and Rewards on the Mirrors in the House



**Even the rich are hungry for love, for being cared for, for being wanted,
for having someone to call their own.**

-Mother Theresa

