



POWER - The 30 Day Challenge - Your Weekly Plan!

P	Prioritize 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!			
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
O	Outline 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.	Nicotine Gum Use rubber band Water/Juice 15 min walk AM Lunch w/Peter Read QuitSmoke	Nicotine Gum Use rubber band Water/Juice Gym 1 hr Lunch w/Chris	Nicotine Gum Use rubber band Water/Juice 15 min walk AM Lunch w/Peter Read QuitSmoke	Nicotine Gum Use rubber band Water/Juice Gym 1 hr Lunch w/Chris	Nicotine Gum Use rubber band Water/Juice 15 min walk AM Lunch w/Peter	Nicotine Gum Use rubber band Water/Juice Gym 1 hr Cinema w/family Read QuitSmoke	Nicotine Gum Use rubber band Water/Juice Hike w/family Plan next week
W	Without 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 coffee Go straight home	Avoid Sress No bars No Alcohol No Party	Avoid stress No bars No Alcohol No Party
E	Engage 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.	Report to Chris via email/sms. Get \$\$ from my wife.
		Checked In Yes No	Checked In Yes No	Checked In Yes No	Checked In Yes No	Checked In Yes No	Checked In Yes No	Checked In Yes No
R	Reinforce To reinforce your new habit, decide on timely rewards. Commit to severe consequences for missing a day. NOTE: If you miss a day, the 30 day challenge starts all over. No exceptions!	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			