



How Many Cigarettes

PER DAY

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Count how many cigarettes you smoke in a day so you know. Once you start to do self-hypnosis you may never smoke again right away, but in case you stop smoking gradually, it is important to know how much you smoke in a day, so you can see the reduction in cigarettes per day. Which will help you see your self-hypnosis is working as you notice the numbers going down, until one day you are no longer a smoker!