



FlowBlend Freedom Program

Helping you create Freedom from Nicotine

This form is a formula to trigger deep psychological shifts in how we relate to Nicotine. Changing behavior starts with changing our beliefs and shifting our identity. The sooner you can make these shifts, the more power will be behind your decision to become free of Nicotine.



1.) I will start my Nicotine Free Life on _____ .
DATE

2.) I choose to start this journey because it will make me _____ .
(stronger, healthier, smarter, sexier, etc.)

3.) I will become _____ on _____ .
(Answer from Question #2) (Date from Question #1)

4.) I am starting this journey of freedom from Nicotine because....

5.) If I choose to continue using Nicotine it will harm me and/or others because

a.) _____

b.) _____

c.) _____



6.) What are Three positive affects you will see in your life when you are free of Nicotine?

a.)I will see _____
_____.

b.)I will see _____
_____.

c.)I will see _____
_____.

7.) I will know I am _____ when _____
(Answer from question #2) (Best answer from Question #6)

8.) I Choose to learn from failure. _____
Signature

9.) This life is mine to create. I acknowledge that no one can give me freedom from nicotine except myself. This opportunity to learn discipline and increase willpower is mine, and mine alone to bear. I now declare, and promise, I will not unload my stress on those around me, I will be kind to myself, and if I fall, I will always get back up. I choose Freedom.

Signature Date

Congratulations!

Hang this document somewhere you will read it every morning, and every night until you are FREE from Nicotine. If at the end of one month you are successful, send us a picture so that we can celebrate you and your ability to create Freedom.

We Salute You!

Sincerely,
The Team at FlowBlend

