

2

Contact Your Chosen Supporters

Reach out to the people you picked and ask them for help to quit smoking. Explain they'll receive one message every 3 days or less through their chosen channel (like WhatsApp or a Post-it Note) and just need to respond with an encouragement.

Something like this works:

"Hey Jack, I'm starting a program to quit smoking, and I'd love your support. It's simple – I'll send you a short message every few days, and all you need to do is reply with a quick word of encouragement. Would you be willing to help me out?"



3

Draft Your Commitment Message

Prepare the message you're going to send or hand to your support group members. The key is to promise you've already quit smoking and will remain a non-smoker for the rest of your life. Write it like you're already a non-smoker, right now.

Here's an example:

"Hey John, I promise you I've quit smoking for good and will remain a non-smoker for the rest of my life."



4

Engage Your Secret Support Group

Now, let's get down to business and start tapping into your Secret Support Group. Just pick one person from your support group and send them the message you drafted via their preferred channel (WhatsApp, SMS, or a Post-it Note, for instance).

5

Maintain Consistency and Rotate Contacts

As you probably know by now, consistency is your key to success while following the BravoBee program, building unstoppable momentum and helping you become a non-smoker for life.

Keep tracking your daily progress and maintain a clear record of when you contact each person in your support group, sending one message every 3 days (or less frequently) to avoid overwhelming them.