

## I Am Becoming a Nonsmoker

My main reason to quit is: \_\_\_\_\_

### Triggers

(Times I will want to smoke)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Strategies

(What I'll do instead of smoking)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

My quit day is: \_\_\_\_\_

**Motivation + Planning = Success**

My main reason to quit is: My health-want to breathe better

### Triggers

(Times I will want to smoke)

1. First thing in the morning (every day)
2. Meeting with Jack on Wed. (stress)
3. Stress at home (kids before bedtime)
4. Watching TV-boredom (every day)

### Strategies

(What I'll do instead of smoking)

1. Eat breakfast first, then shower. Have juice, gum.
2. Take deep breaths. Drink water.
3. Chew gum. Do dishes. Take a walk.
4. Fiddle with paper clip. Read a magazine.  
Do a crossword puzzle. Play cards.

My quit day is: Monday, October 5th

Sample