

Your Reasons to Quit.

There are many reasons to quit smoking. Which ones are most important to you?

Look at the list below, check off the reasons that apply to you, and add any extras you can think of.

Keep your list handy and use it as motivation to stick with your decision to quit.

- I'm ready for a change.
- Smoking is affecting my relationships.
- I want to improve my health.
- I want to save money by not buying cigarettes.
- I'm planning on having a baby.
- I feel like I'm looked down upon as a smoker.
- I spend too much time alone smoking.
- It's becoming harder to find places to smoke.
- Almost everywhere I go smoking is not allowed.
- I don't want to expose my family and friends to secondhand smoke.
- _____
- _____
- _____

Stay Inspired!

One of your reasons to quit could be someone in your family. It could be an activity, or a vacation you want to take. Whatever it is, create a quick visual reminder by taping a photograph below. Take this card with you. Put it in your car, up on your fridge, or prop it up at work.

I want to quit for:

