

MY PERSONAL TOBACCO-FREE PLAN

Ideas for your tobacco-free plan can be found in your blue folder from these handouts: **Getting Ready to be Tobacco Free & Becoming Tobacco Free**

My quit date is: _____

My quit method is: _____ My biggest challenge: _____

My main reason for wanting to be tobacco-free: _____

Positive things I can tell myself to help me become a nonsmoker (affirmations):

1. _____
2. _____
3. _____
4. _____

Ways I can become aware of my smoking habit:

1. _____
2. _____
3. _____
4. _____

Some negative thoughts or actions that may get in the way of sticking to my plan:

1. _____
2. _____
3. _____
4. _____

Changes I will make before my quit date (preparations):

1. _____
2. _____
3. _____
4. _____

Things I can do to keep busy when I feel the urge to smoke:

1. _____
2. _____
3. _____
4. _____

Rewards I will give myself along the way and when I become a nonsmoker

1. _____
2. _____
3. _____
4. _____