



## MY REWARDS FOR BECOMING TOBACCO-FREE

Becoming tobacco-free is a challenging process. Be kind to yourself by rewarding yourself for the times you've gotten through an urge to smoke and followed through with your non-smoking plan. You deserve it!

### Examples of Rewards:

- Stay in bed on a weekend morning to read a novel/watch TV
- Buy new sports equipment
- Listen to your favorite music
- Take a long bubble bath
- Buy new clothes
- Get a new hair style
- Have someone do your chores
- Plan a trip
- Call a friend for a long chat
- Read a new book
- Eat your favorite meal
- Buy yourself a treat
- Get a back rub or full massage
- Get a mani/pedi
- Get new materials for your hobby
- Get some flowers or a plant
- Go to your favorite restaurant or café

## MY LIST OF REWARDS

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