

My “Getting Ready” List

This list can help you prepare to quit. Keep this copy handy as a daily reminder.

When you’ve completed a task, check it off. Then congratulate yourself for taking the next step toward quitting smoking.

Make an appointment to see your doctor.

Write a list of your most important reasons to quit (e.g. “I want to stay healthy for my family,” “I don’t want to get cancer”). Then, refer to it for inspiration.

I want to quit because: _____

Pick a “quit date”: Pick a day within 2 or 3 weeks and mark it on your calendar.

My quit date is: _____
(Remember to throw out lighters, ashtrays, and cigarettes the night before.)

Write down your triggers and how you can change your habits.

My trigger is:		From now on:
<i>I smoke when I’m out with friends</i>	=	<i>I’ll have a sugar free candy instead</i>
_____	=	_____
_____	=	_____

