

Quit Smoking Today

Creating a customized plan to quit is your key to success! Print this worksheet, fill in your responses, and put this sheet up in place where you will see it daily.

1. Pick a Quit Date

Choose a date sooner rather than later and circle it on your calendar. This will be a great reminder and give you enough time to prepare.

MY QUIT DATE IS _____.

2. Let Someone Know You're Quitting

Quitting is always easier when you have support. Letting a friend or family member know you're quitting is a great way to get the help you need. Write the name of the person you're going to tell below.

I WILL TELL _____ THAT I'M QUITTING SMOKING.

3. Remove Reminders of Smoking

This can include cigarettes, matches, ashtrays, lighters and anything else that may remind you of smoking. Create a list of items you're going to remove below:

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

4. Identify Your Reasons to Quit

What are your personal reasons for quitting? Is it for your health, your family, peace of mind? Write out your reasons below:

5. Identify Your Triggers

Make a list of the different activities, feelings, or people you're around when you feel the urge to smoke. Then write what you can do to avoid or deal with them.

6. Develop Coping Strategies

Quitting smoking will cause your body to adjust to the changes. This may be unpleasant and will require coping mechanisms. There are over the counter medications and patches that can help with this.

Visit smokefree.gov to find out more.

7. Identify Places You Can Go for Help

There are many resources available to help you quit. There are text messaging programs like SmokefreeTXT designed to help you quit. Simply text QUIT to 47848. There are also "quitlines" you can call like 1-800-QUIT-NOW (1-800-784-8669). You could even try the Quit Smoking App on your smartphone. Which resource will you try first?

I WILL USE _____ TO HELP ME QUIT SMOKING TODAY.

8. Reward Yourself

Be sure to celebrate your milestones like being smoke free for 24 hours, one week, and one month. What are you going to do to celebrate your milestones?

WHEN I AM 24 HOURS SMOKE FREE I WILL REWARD MYSELF BY

WHEN I AM ONE WEEK SMOKE FREE I WILL REWARD MYSELF BY

WHEN I AM ONE MONTH SMOKE FREE I WILL REWARD MYSELF BY
