

I Am Ready to Stop Smoking!

I know it takes time to stop smoking. I'll take one step at a time. I feel that I am ready to take my first step. The statements below can help me understand why I want to quit smoking and why I think this is a good time to quit.

(Check each statement that is true)

I want to stop because:

- I do not want to have bad breath
- I do not like my smoking habit
- I am worried about my health
- I want to look better
- I do not like the way my clothes smell
- I want to quit smoking for my family
- I want to feel in control
- Other reasons I want to stop _____

I want to stop now because:

- I understand why I want to quit
- My desire to stop smoking is strong
- I am able to manage this life change now
- I am coping with home and work demands
- I feel good and I have lots of energy to do this
- I can take some time for myself if I need to deal with withdrawal
- I have a "quit-smoking" support person
- It is also a good time for me to stop because _____

Quitting takes time...but I'm taking positive steps:

(Check each statement that is true)

- I have decided to quit—but I am not ready to set a date
- I have set a quit date, and I will quit on _____
- I smoked my last cigarette and have gone 24 hours without lighting up
- I have removed cigarettes from my pockets/purse
- I have been a nonsmoker for _____
- I request non-smoking rooms when I travel
- I am proud of myself because _____
- Other things I have done _____

I will celebrate the small steps! I will also:
Think about the reasons why I want to quit smoking.
Ask for help if I need it. Talk with my healthcare provider.

For more information, visit www.smokefree.gov