

## A personalized quit plan for:

Name: \_\_\_\_\_

Today's date: \_\_\_\_\_

### What is Your Why?

Check any that apply to you:

- I will live longer and healthier.
- My loved ones won't be exposed to smoke.
- I want to set a good example for my children.
- I will gain more energy and breathe easier.
- Lower risk of heart attack, stroke, or cancer.
- Improved sense of taste and smell.
- I will regain control.
- Other Reasons:  
\_\_\_\_\_



# THIS IS MY QUIT

You can quit tobacco today!

## 1. Get ready

### Set a Quit Date:

Choose a date within the next two weeks to quit.

My Quit Date is: \_\_\_\_\_

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### Reflection:

Reflect on past quit attempts to identify what worked and what didn't.

#### Attempt #1:

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#### Attempt #2:

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#### Attempt #3:

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## 2. Get support and encouragement

Inform family, friends, and coworkers about your decision to quit.

Identify individuals or groups that can offer emotional support.

### Who can help me quit:

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**Remember, quitting tobacco is a journey. You don't have to go through it alone.**

**You can sign up for Quit Coaching when you call us at 1-800-55-66-222 or sign up online at ASHLine.org.**

### 3. Be prepared for slips or difficult situations

Recognize triggers and develop strategies to cope with cravings.

#### Identify triggers:

(moods, places, or things that turn on your desire to smoke)

Trigger #1: \_\_\_\_\_

\_\_\_\_\_

Trigger #2: \_\_\_\_\_

\_\_\_\_\_

Trigger #3: \_\_\_\_\_

\_\_\_\_\_

Prepare a list of activities to engage in when experiencing withdrawal symptoms.

#### My activities:

Activity #1: \_\_\_\_\_

\_\_\_\_\_

Activity #2: \_\_\_\_\_

\_\_\_\_\_

Activity #3: \_\_\_\_\_

### What caused me to slip and how I will handle this next time:

Solution #1: \_\_\_\_\_

\_\_\_\_\_

Solution #2: \_\_\_\_\_

\_\_\_\_\_

Solution #3: \_\_\_\_\_

\_\_\_\_\_

### 4. Try new skills and strategies:

- Remove all tobacco products, including cigarettes, ashtrays, and lighters from your environment.
- Modify daily routines to avoid triggers.
- Engage in relaxation techniques and physical activities to manage stress.
- Create a daily log of feelings and emotions.
- Find a quit buddy.
- Join a community with other people trying to quit.
- Drink plenty of water and maintain a balanced diet.

### 5. Connect with and use resources

- Maintain regular contact with support people.
- Utilize ASHLine services for counseling and resources.
- Consider using over the counter or prescription nicotine replacement therapies, as advised by a healthcare provider.

#### Other resources that can help me quit:

\_\_\_\_\_

### 6. Reward yourself

- Celebrate each day without tobacco as a significant achievement.
- Use the money saved from not buying tobacco products to reward yourself with enjoyable activities or treat yourself to something special.

#### Some things I can do to reward myself:

\_\_\_\_\_

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