



Keep Up the Good Work!

You are on your way to becoming a non-smoker. This is a challenge you can meet. Stick to your quit plan, re-evaluate if needed, and keep your goals in mind!

Why do you want to quit?

List your top 3 reasons here and brainstorm additional reasons as well.

1. _____
2. _____
3. _____

Have you set a quit date?

- Pick a quit date that feels realistic and reachable based on your progress so far.
- Get a calendar and mark the date.
- Tell supportive friends and family about your quit plan.

Reward yourself!

- Give yourself a pat on the back.
- Save the money you use to buy cigarettes and treat yourself and a friend to dinner and a movie.
- Mark your progress day-by-day on a calendar.

Cravings

Use the four D's:

- (1) **Do** something else
- (2) **Delay** the cigarette
- (3) **Deep** breaths
- (4) **Drink** water

Self Talk

- Think of the progress you have made.
- Picture your life as a non-smoker.
- Remember that Rome was not built in a day and not everyone quits using the same method.

Stress Reducers

- Do something fun.
- Laugh.
- Exercise (e.g. walk, run, yoga).
- Take 10 deep breaths.
- Journal.
- Call a friend or Quitline Iowa to talk.

Preparing for your quit day

- Throw away cigarettes.
- Make an appointment with the dentist to have your teeth cleaned.
- Do a major spring cleaning and wash all of your clothes.
- Clean out your car.
- Call your support network.
- Find healthy things to snack on like carrots, celery, sugarless gum, or air-popped popcorn.

