

My Reasons to Quit

Activity One

Reasons I like smoking or using tobacco:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Reasons I want to quit smoking or using tobacco:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

The most important reason for me to quit is:

The hardest thing about quitting will be:

Strategies I can use to help me with the challenges of quitting are:

Activity Two

List in order of importance your top life priorities, for example, work, family, health, quitting tobacco, fun, or other priorities.

Think about how quitting will affect your other life priorities.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.