## My Plan



## I Am Becoming a Nonsmoker

	My main reason to quit is: _	
	<b>Triggers</b> (Times I will want to smoke)	<b>Strategies</b> (What I'll do instead of smoking)
1		1.
2		
3		
4		4.
5		5
	My quit day is:	

## Motivation + Planning = Success

My main reason to quit is:	My health-want to breathe better
Triggers	Strategies
(Times I will want to smoke)	(What I'll do instead of smoking)
1. First thing in the morning (every day)	1. Eat breakfast first, then shower, Have juice, gum.
2. Meeting with Jack on Wed. (stress)	2. Take deep breaths. Drink water:
3. Stress at home (kids before bedtime)	3. Chew gum. Do dishes. Take a walk.
4. Watching TV-boredom (every day)	4. Fiddle with paper clip. Read a magazine.
	Do a crossword puzzle. Play cards.
My quit day is:	Monday, October 5th