

Reasons To Quit Worksheet

Everyone has their own reasons for quitting smoking. Remind yourself of them every day. They can inspire you to stop smoking for good. Whatever your reasons, you will be amazed at all the ways your life will improve when you become smoke-free.

Use this worksheet to help inspire your healthier lifestyle.

The reasons I want to quit are:

My Health and Appearance:

- My chances of having cancer, heart attacks, heart disease, stroke, cataracts and other diseases will go down.
- I will be less likely to get sick.
- I will breathe easier and cough less.
- My blood pressure will go down.
- My skin will look healthier, and I will look more youthful.
- My teeth and fingernails will not be stained.

My Lifestyle:

- I will have more money to spend.
- I can spend more time with family, catch up on work, or dive into my favorite hobby.
- I won't have to worry about when I can smoke next or where I can or can't smoke.
- My food will taste better.
- My clothes will smell better.
- My car, home and kids won't smell like smoke.
- I will be able to smell food, flowers and other things better.

My Loved Ones:

- I will set a great example for my kids; it takes a lot of strength to quit.
- My friends, family, coworkers and other loved ones will be proud of me.
- I will protect my friends and family from the dangers of secondhand smoke.
- My children will be healthier.
- I will have more energy to do the things I love with friends and family.
- I will get healthy to make sure I am around to share in my family's special moments.

Use this space below to make a list of all the reasons you want to be smoke-free. Cut it out, and keep it in a place where you'll see it often. When you feel the need to smoke, take a look at this list to remind yourself why you want to quit.

