



TIPS TO QUIT

- 1 Make a List**
Write down all the reasons you want to quit.
 - 2 Understand Why You Smoke**
Check your smoking, figure out with who, when and where you smoke.
 - 3 Make a Plan**
Chose to do other things when you usually smoke i.e. change your routine, avoid situations that make you want to smoke.
 - 4 Change Your Environment**
Make your home and car smoke-free; get rid of ashtrays; don't carry a lighter.
 - 5 Talk About It**
Let people know you are quitting, get help from friends/family members. Check out [Leave the Pack Behind](#) or [Smokers Helpline](#) for help.
 - 6 Learn from Past Quit Attempts**
What worked, what didn't, what will you do differently this time?
 - 7 Set a Quit Date**
Pick a date, mark it in your calendar and stick to it.
 - 8 Motivate Yourself**
Quitting is hard, positive thoughts and rewards will help you through.
 - 9 Don't Quit Quitting**
If at first you don't succeed, try again. Each attempt is an important step towards becoming smoke-free!
- 