

# Making a Break From Smoking

Use this checklist to make your break from smoking official. Mark each item as it's done:

- If you haven't already, get rid of all the tobacco products, ashtrays, lighters and matches from your home and car.
- If you are using a nicotine replacement therapy or another quit-smoking medication, start taking it today.
- Have a plan for how you will spend the rest of the day to stay busy and keep your mind off smoking.
- Say it out loud, "I do not smoke anymore."