

# Quit Smoking Checklist

By Kimberly French

- Getting Started
  - Set a quit date in the near future.
  - Think of all the ways quitting improves your life - review the list every night before bed.
  - Choose the best method to quit.
  - Write down how you see yourself progressing.
  - Share your goals with the people in your support circle.
  - Think of special treats you can give yourself at milestones.
  - Have your clothes, carpets, drapes and furniture cleaned.
  - Begin to imagine yourself as a non-smoker.
- Support
  - Tell your friends and family when you're quitting.
  - Ask your friends and family for support and encouragement.
  - Find another smoker who is trying to quit that will encourage you.
  - Consider individual or group counseling.
  - Consult with your doctor.
- Managing Triggers
  - Take notes of when and where you typically smoke.
  - Think who are you with when you typically smoke.
  - Think what do you do when you typically smoke.
  - Think how you will overcome your cravings in each situation.
  - Delay until the urge passes.
  - Distract yourself.
  - Close your eyes and take 10 slow, deep breaths.
  - Discuss your feelings with someone close to you.
- Getting Healthy
  - Change your routines - not only smoking but also other habits.
  - Change what you eat and drink.
  - Start exercising to relieve stress and keep your weight down.