

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.